

# What You Work With Can Make You Sick

Follow safe lab practices—and don't bring germs home with you.



**Always wash your hands with soap and water...**

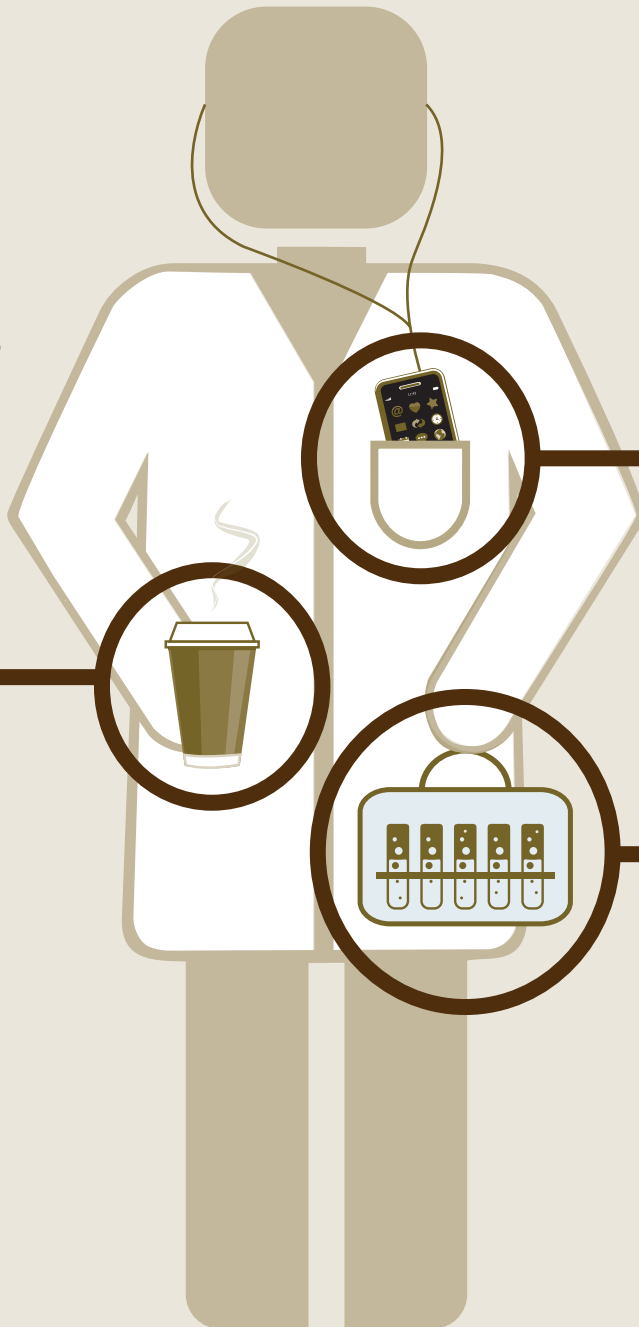
- ▶ Right after working in the lab
- ▶ Just before you leave the lab

**Avoid contamination while in the lab.**

Don't eat, drink, or put things in your mouth (such as gum)

Don't touch your mouth or eyes

Don't put on cosmetics (like lip balm) or handle your contact lenses



**Don't carry dangerous germs from the laboratory home with you.**

Leave personal items outside of the lab so you don't contaminate them: cell phone, car keys, tablet or laptop, MP3 player

Keep work items off of bench areas where you do experiments: backpacks, notebooks, pencils, pens

**Leave lab supplies inside the lab.**

If you must take supplies out of the lab, keep them in a separate bag so you don't contaminate anything else

**Leave your experiment inside the lab so you can stay healthy outside the lab.**



Centers for Disease Control and Prevention  
National Center for Emerging and Zoonotic Infectious Diseases