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.