

Personal Hygiene

There are a number of personal hygiene issues that apply to all workers who are work with, or are exposed to laboratory animals.

- There should be no eating, drinking, smoking or applying of cosmetics in areas where animals are housed or used.
- No animals should be kept overnight anywhere except in the designated animal rooms. There will be exceptions to this only where specific permission has been obtained for the retention of these animals.
- Gloves should be worn at all times for the handling of animals. All contaminated or infected substances should be handled in such a way as to minimize aerosols.
- Laboratory coats should be worn over street clothes when animals are being worked with. This will decrease potential contamination of street clothing. Laboratory clothes should be left in the lab and should not be worn during eating.
- Additional precautions are necessary for a number of specific hazardous agents. If infected material is being used in a laboratory then specific guidelines should be followed for the handling of biologically sensitive materials.
- All work surfaces should be decontaminated daily, and after any spill of animal related material.
- Careful hand washing should be done after handling animals and prior to leaving the laboratory for any reason.
- Certain infections are transmitted from animals to humans primarily by the animals' feces or urine entering a human's body by mouth. Examples are Salmonella, Shigella, and Entamoeba. It cannot be overly emphasized that every precaution should be taken to avoid oral transmission of potential infectious agents by alertness and very careful personal hygiene.

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