

Universal Precautions and Personal Hygiene

for

VISITING RESEARCHERS, NON-UC DAVIS COLLABORATORS,
VOLUNTEERS, STUDENTS, and ANCILLARY PERSONNEL



Wash your hands.

Frequent and thorough hand washing is the best way to stop infection. The sooner you wash your hands after an exposure, the less likely you are to spread infection.

The most common way to contract a zoonotic infection is by accidentally placing infectious material in your mouth.

When to Wash Your Hands

- Always wash your hands before and after eating, drinking, smoking, or using the restroom.
- Wash your hands after working with animals.
- Wash your hands after touching an object or surface that is or may be contaminated.
- Wash your hands as soon as you remove your gloves or other personal protective equipment (PPE).

How to Wash Your Hands

- Carefully remove gloves and other PPE before you wash, ensuring you do not touch the contaminated side of the gloves.
- Use a paper towel to turn on faucet. Wet your hands and use plenty of soap. Work up a good lather. Rub your hands well, avoid wiping your hands.
- Clean your whole hand, under your nails, between your fingers, and up to your wrists. Wash for at least 20 seconds out of the water stream.
- Rinse your hands well. Let the water run off your fingertips, not your wrists.
- Use clean paper towels to dry your hands well. Use paper towels to turn off the faucet and open the door in order to avoid contaminating your hands.

Wear Protective Clothing.

Wear the protective clothing determined to be appropriate by your Principal Investigator or Instructor when you are working with animals. In some circumstances, protective clothing will consist of a lab coat; for others it may be a dedicated set of clothing or scrubs. Protective clothing helps ensure that you will not bring potentially contaminated material home with you.

Use Personal Protective Equipment (PPE)

Some type of work requires PPE such as gloves, face shields, masks, respirators, and other required items. Always use PPE as directed and where required.

Seek Medical Attention Promptly.

If you are injured, you must promptly report the accident to your Principal Investigator or Instructor, even if it seems relatively minor. **You will then report to Occupational Health (530 752-6051) or Student Health Center (530 752-2300) for evaluation of the injury.**

Tell your Healthcare Provider you Work with Animals.

Whenever you are ill, even if you are not certain if the illness is animal related, always report to your healthcare provider any animal contact. Many zoonotic diseases may have flu-like symptoms, and your healthcare provider needs this information to make an accurate diagnosis.

Get the Facts.

All individuals working with animals must review the particular hazards, precautions, and hazard evaluation procedures specific to the species with which you will have contact and the procedures to be performed. If there is something you do not understand, ask your Principal Investigator or Instructor. They are responsible for appropriate training and ensuring that you know how to work safely and effectively.

You must know **how to recognize hazard warning signs, how to protect yourself against each recognized hazard, and how to react properly in the event of an emergency.** Safety is essential and is everyone's business and responsibility.