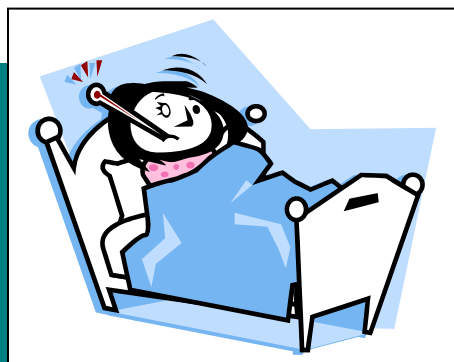


## Don't Come to Work If You Are Sick

- ☑ Watch for symptoms which could signal possible illness, such as fever, significant cough, vomiting, diarrhea, or muscle aches not related to working out or other physical activity.
- ☑ If you are feeling sick or have questions regarding your health, promptly call University Health Services at 1-866-924 (YALE) 9253.
- ☑ Rest until your symptoms have resolved. Do not return to work until you've been seen and cleared by your healthcare provider.



Yale

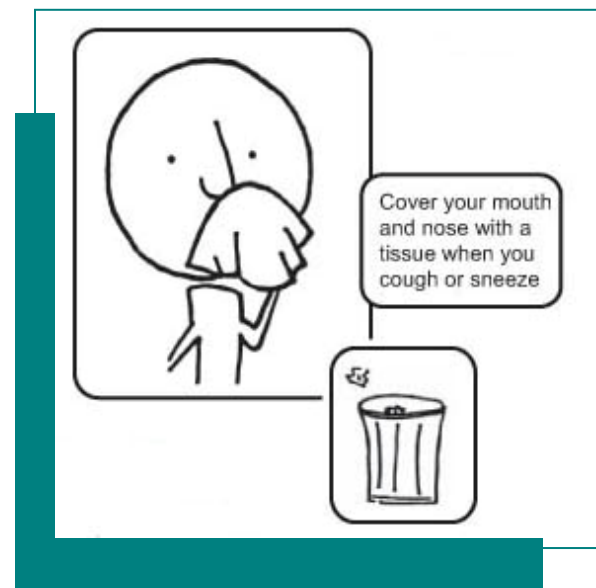
## Who Can You Contact For More Information?

If you have questions, contact Yale University Health Services at 1-866-924 (YALE) 9253.

### *Yale University Health Services*

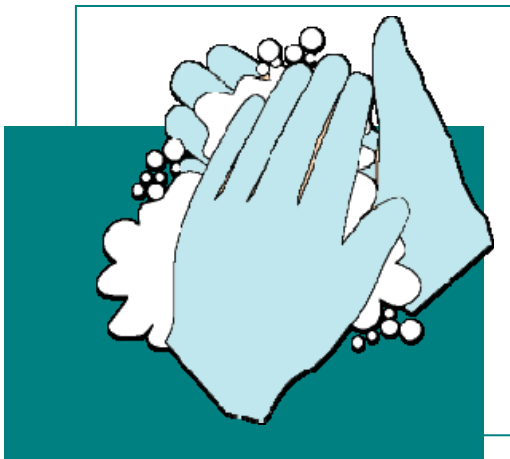
17 Hillhouse Avenue, New Haven  
Telephone: 1-866-924 (YALE) 9253  
[www.yale.edu/yuhs](http://www.yale.edu/yuhs)

# Protect Yourself From Germs



## Limit the Spread of Infection With Good Hygiene

- ✔ Wash hands with soap and warm water or use an alcohol-based hand sanitizer before eating, after using bathroom, after changing a bandage or touching a wound.
- ✔ Never sneeze or cough into your hands, cover your nose & mouth with a tissue.
- ✔ Keep your hands away from your eyes, nose & mouth.
- ✔ Clean work surfaces and equipment after use and when soiled.
- ✔ Avoid sharing uniforms, practice or workout clothing, personal protective equipment (PPE), towels, washcloths, razors or other personal items.



- ✔ Wash clothing, bed linens and towels regularly with water and laundry detergent.
- ✔ If activities involve close skin contact with others, shower before & after activities.
- ✔ At the gym when using shared equipment, use a barrier (e.g. clothing or towel) between your skin and equipment. Make sure to clean shared equipment after use.
- ✔ Avoid contact with other people's wounds or bandages.



## Wound Precautions

- ✔ Cover all small unhealed cuts or abrasions with waterproof bandages.
- ✔ See your healthcare provider for larger or serious wounds, or open weeping, pustular lesions of the skin.

## Basic Hand Washing with Soap (non-antimicrobial or antimicrobial) and Water

- ✔ Turn water on and wet hands thoroughly. Apply an amount of liquid or foam hand soap recommended by the manufacturer to hands.
- ✔ Vigorously lather with soap, covering all surfaces of hands, fingers and thumb.
- ✔ Use friction, one hand upon the other with fingers interlaced for at least 15 seconds. (Sing "Happy Birthday" or "Row, Row, Row your Boat" or say the ABCs to make sure you've washed long enough).
- ✔ Rinse hands thoroughly under running water.
- ✔ Dry hands with a clean, dry paper towel.
- ✔ Use a paper towel to turn off the water faucet.

## Basic Hand Washing with an Alcohol Base Hand Rub

- ✔ Apply an alcohol-based hand rub to palm of one hand. Follow the manufacturer's recommendations regarding the amount of product to use.
- ✔ Rub hands together, covering all surfaces of hands and fingers, until hands are dry. If you used enough it takes 25 – 30 seconds to dry on your hands.