Stop the spread of germs that make you and others sick!

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.

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 activities.
- Promptly call Yale Health Center Acute Care 432-0123 for evaluation if you exhibit these symptoms or other signs of illness.
- Rest until your symptoms have resolved. Do not return to work until you’ve been seen and cleared by your healthcare provider.

If you are feeling sick or have questions, contact: the Yale Health Center at 432-0123