FOR YOUR HEALTH, SAFETY AND WELL BEING

- **DO NOT SHARE...**
  - TOWELS, SOAP, COSMETICS, LUBRICANTS OR CLOTHING
  - SEPARATE YOUR CLOTHING, EQUIPMENT & TOWELS FROM OTHERS.
    - USE A PERSONAL BAG OR STORAGE SPACE AND CLEAN OR LAUNDER FREQUENTLY
- PROPERLY CLEAN AND/OR SANITIZE PROTECTIVE CLOTHING & EQUIPMENT
- COVER ALL WOUNDS (ABRASIONS, LACERATIONS, INFECTIONS)
  - CONTACT AN AMHERST COLLEGE TRAINER AT 542-2363
  - CONTACT AMHERST COLLEGE HEALTH SERVICES 542-2266
- WIPE DOWN EXERCISE BALLS, BENCHES, EQUIPMENT & MATS BEFORE AND AFTER USE WITH LYSOL IC®
- WASH HANDS FREQUENTLY (AT LEAST 15 SECONDS) USING SOAP & WATER
  - APPLY HAND SANITIZER (ALCOHOL BASE)
- FOLLOW PROPER HYGIENE PRACTICES

For additional information contact Amherst College Health Services, Athletic Injury Care, Physical Plant-Custodial Shop, or Environmental Health and Safety