How to prevent transmission of germs when using the fitness center

Prevent athlete's foot, jock itch, ring worm, tuberculosis and MRSA (Methicillin-Resistant Staphylococcus Aureus). These can be spread by contact of skin or equipment that are contaminated with the bacteria, fungi and germs.

Many germs are spread by contact. You could get them by touching another person who has them on the skin. Or you could get germs by touching objects that have them - like gym equipment.

What to do to prevent transmission of germs

- Cover up any open wounds or scrapes with antibiotic ointment and a bandage
- Use appropriate shoes and clothes
- Bring your own towels or mat if you’re unsure of your gym’s cleaning regimen
- Even if you use a hand sanitizer after exercising, wash your hands as soon as possible
  - Take a shower as soon as possible after using the gym
- Clean and disinfect surfaces or objects: wipe down before and after using a machine and other gym equipment

If you cut yourself or see blood, contact security immediately at 212.229.7100 (24 hours).

Think you have a skin infection? Check for redness, irritation, sores and rashes that do not heal. If you have any of these symptoms, see a medical provider as soon as possible. Contact Student Health Services, 80 Fifth Avenue, 3rd floor, 212.229.1671 x2 to make a medical appointment.

Safety Tips are brought to you by the Occupational Safety Work Group.