

FIELD HYGIENE CHECKLIST



Stay safe during field entomology activities with these simple but effective hygiene practices.

✓ Wash Hands

- Bring water & soap or hand sanitizer.
- Clean hands before eating, drinking, or changing gloves.

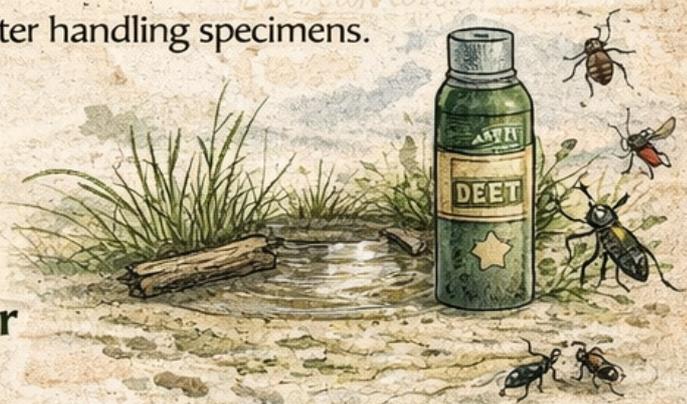


✓ Disinfect Gear

- Bring alcohol wipes >60% and hand sanitizer.
- Clean tools (forceps, tweezers, etc.) after handling specimens.

✓ Use Insect Repellent

- Apply DEET-based spray or wear permethrin-treated clothing.
- Check for ticks regularly, avoid bites.



✓ Avoid Contaminated Water

- Use a water filter or boil water.
- Stay clear of stagnant or polluted water.

✓ Prevent Injury, Infection & Allergies

- Avoid handling sharp or venomous insects.
- Dress appropriately: boots, long sleeves & pants, hat.



✓ Keep Food Safe

- Store food in sealed containers, keep cool, and don't leave unattended. Clean surfaces before eating, and don't share utensils.

✓ Handle Specimens Hygienically

- Wear nitrile gloves when appropriate
- Use clean containers for specimens.
- Minimize contact with blood/fluids.



PRACTICE CLEAN HABITS:

Doing so minimizes your risk of infection, allergic reaction, and illness while in the field.

