



#542177

Universal Precautions for Staff and Students Exposed To Blood and /or Body Fluids

Barrier Methods

- Wash your hands with soap and water for 30 seconds after contact with blood or body fluids containing blood.
- Cover cuts or scratches with a bandage until they are healed.
- Use disposable absorbent material like paper towels to stop bleeding.
- Wear disposable gloves (that meet infection control standards) when you encounter blood or bloodstained body fluid, especially if you have open cuts or chapped hands.
- Wash your hands as soon as you remove your gloves and never reuse the gloves.
- If blood/body fluids do come into contact with an open sore, the affected area should be washed promptly.

Cleaning and Disinfecting

- Immediately clean up blood spills using disposable, absorbent material. Wear disposable gloves.
- After clearing blood spill with absorbent material, place paper towel over top of site of spill and add bleach solution (one part bleach to 9 parts water (1:9)) to towel to avoid splashing blood to larger area
- Wash with hot soapy water.

Disposal

- Discard bloodstained material in a sealed plastic bag and place in a lined, covered garbage container.
- Put bloodstained clothes in a sealed plastic bag. Send home with instructions to machine-wash separately in hot soapy water.
- Wash hands thoroughly afterwards.