

UNIVERSAL PRECAUTIONS

Avoid being infected with HIV, Hepatitis B or C or other communicable disease. Using the following precautions when you come into contact with blood, fecal matter or other body fluids.

COVER CUTS

If you have a cut or open sore on your skin, cover it with a plastic bandage.



WEAR GLOVES

If there is any risk of coming into contact with blood or any other body fluids wear gloves. Only wear gloves once and dispose of them in a double layer plastic bag.



WASH HANDS

Wash your hands with soap and water for at least 20 seconds after contact with blood or other body fluid.

Wash your hands after going to the bathroom, preparing food, eating and after removing gloves. Keep your hands from becoming chapped or irritated by using hand lotion after washing. Intact skin is your first defense against infections.



CLEAN UP

Spills of blood or other body fluids should be cleaned up immediately using an EPA registered disinfectant or hospital level bleach. Paper towels should be used and disposed of in a double layer sealable plastic bag. Remember to wear gloves during clean-up.



DISCARD GARBAGE

Use caution when disposing of garbage that may contain infected waste material.

Place infected material in a double layered sealable plastic bag. Dispose of sharps such as needles, razor blades or lancets in a sharps container.



WASH LINENS/CLOTHES

Soiled linens should be stored in sealed plastic bags. Wash soiled items separately in hot soapy water and bleach. Dry in a hot dryer, or have linens professional laundered. The same applies to soiled clothing.



Don't discriminate assume everyone is infectious.

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