



What are universal precautions?

- Blood and other body fluids (semen, vaginal fluids, saliva, urine, feces, vomit) can contain diseases that can be passed on to another person through direct contact. Since there is no way to know without testing if the body fluid is infectious, it is recommended that you treat all body fluids as though they were infected.
- Universal precautions are actions that you take to place a barrier between yourself and potentially infected body fluids. There are many easy ways to protect yourself and others.

How are blood and body fluids passed from one person to another?

- Open areas on the skin
- By splashing in the eye
- Through the mouth
- Unprotected sexual activity (oral, vaginal, and anal)
- Injury with contaminated needles or other sharps

How can I protect myself from blood and body fluids?

- Easiest way to protect yourself is by having the injured person take care of themselves
- If they are unable to take care of themselves, use latex gloves
- If latex gloves are not available, use a plastic bag (trash, shopping, or sandwich) over your hands to create a barrier
- Your employer must provide appropriate personal protective equipment (gloves, goggles, disinfectant, etc.) for your use while at work
- Know where personal protective equipment are located so that you will be prepared to protect yourself

How do I safely handle a bleeding injury?

1. Have injured individual hold an absorbent material to the wound – a clean disposable diaper offers a good absorbent material with the added protect of a plastic backing; you can also use paper towels, tissue, or newspaper
2. Have them hold pressure until the bleeding stops
3. Assist with placing a bandaid or bandage over the wound if needed
4. Dispose of bloody material in a plastic lined trashcan or sealed plastic bag
5. Everyone should wash their hands with soap and running water as soon as possible (disinfectant waterless hand cleaners or towelettes may be used if no water is available)

How do I clean surfaces that have blood and body fluids on them?

1. Wear disposable gloves
2. Wash the area with soap and water, and dry the area
3. Disinfect the surface with a solution of one part bleach to ten parts water, or you can use a hospital-strength disinfectant (Lysol, Cavicide, or NABC). Allow the area to remain wet for at least 3 minutes before drying (consult the container label for differences in recommendations due to product length)
4. Use disposable cleaning materials if possible (paper towels instead of cloth)
5. Dispose of cleaning materials and gloves in a sealed plastic bag
6. Wash hands with soap and running water (disinfectant waterless hand cleaners or towelettes may be used if no water is available)

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017