



## PROCEDURES OF ROUTINE PRACTICE

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### **Barrier Methods**

- Wear disposable gloves when you encounter blood or blood-stained body fluid, especially if you have open cuts or chapped hands.
- 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.
- Wash your hands as soon as you remove your gloves and never reuse them.

### **Cleaning and Disinfecting**

- Immediately clean up blood spills using disposable, absorbent material. Wear disposable gloves.
- Wash with hot soapy water and disinfect with a solution of one part bleach to 9 parts water (1:9).

### **Disposal**

- Discard blood-stained material in a sealed plastic bag and place in a lined, covered garbage container.
- Put blood-stained clothes in a sealed plastic bag. Machine-wash separately in hot soapy water.
- Wash hands thoroughly afterwards.