



General Instructions for the exposure to Body Fluids

All blood or body substances should be considered potentially infectious and should be cleaned up in a careful manner.

Blood or body substances on you:

Immediately wash affected area with soap and running water.

- Check area of contamination for cuts or other breaks in skin integrity (i.e. torn hangnails, chapped skin).
- Should you find a cut in your skin repeat the cleansing.
- Notify your supervisor or health care provider

Surfaces contaminated with blood or body fluids

Clean surfaces soiled with blood, fecal material, or other body secretions with soap and water.

- Wear gloves
- Use enough absorbent material (paper towels, rags) to avoid contact with your skin. This will remove most of the contamination and allow for further clean up.
- Rinse the area with a bleach solution (1 part household bleach to 9 parts cool water – ½ cup bleach and 1 quart cool water.*) ***Mix bleach water fresh when needed as it loses potency if stored diluted.***
- Surface should remain wet from bleach water for 10 minutes.
- Rinse and cleanup remaining material. Rinse with clear water.
- Dispose of all contaminated articles in a plastic bag with the top tied shut.

Clothing contaminated with Blood or Body Fluids

Try to minimize skin contact. If possible remove soiled clothing carefully to minimize further contamination of self.

- Wash any affected area thoroughly with soap and water.
- Change clothing as soon as possible.
- If it is not possible to change clothing, remove and rinse clothing to remove the body substances. Blot dry.
- Place soiled clothing in a plastic bag to be laundered.
- Wash normally using ordinary laundry soap and the temperature appropriate for the material.
Dry cleaning is also safe. No special labeling is necessary

*This solution is between 5000 – 5800 ppm according to the national antimicrobial information network.