



Universal Precautions

These are methods that every individual should use as a means of protecting oneself from getting ill. They should be followed by anyone providing a service, which may include contact with blood or body fluids. Body fluids include saliva, mucus, vaginal secretions, semen, or other internal body fluids such as urine or feces.

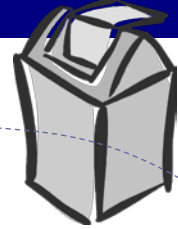
Basics of Universal Precautions:

- Use protective barriers such as gloves or facemask depending on the type and amount of exposure expected.
- Be careful about always washing your hands before and after tasks. This includes washing your hands:
 - Before and after contact with Consumer
 - Before and after preparing food
 - Before eating
 - Before putting on and after removing gloves
 - Before and after using the restroom
 - After removing protective clothing
 - After contact with body fluid or other contaminated items
 - After blowing nose, sneezing, coughing, etc.
 - After cleaning
 - After smoking
 - After handling pets
- Avoid accidental cuts or needle sticks. Keep cuts covered.
- Use soap and water or bleach solution to clean and disinfect any surfaces contaminated with blood or body fluids.

Hand Washing

1 Make sure you have everything you need at the sink.

liquid soap



trash can



paper towels

2 Turn on warm water.

Keep warm water running while washing your hands.

3 Rub palms together to make lather. Scrub between fingers and entire surface of hands and wrists.



Scrub wrists.

4 Rinse hands thoroughly.

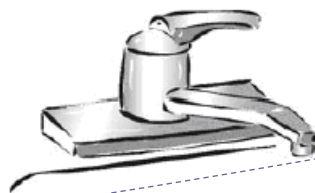


Point fingers down so water does not run up your wrists.

Clean fingernails by rubbing the tips of your fingers against your palms.

Scrub hands for at least 10 to 15 seconds.

5 Dry hands with clean towel.



6 Use a clean paper towel to turn off the faucet. Use hand lotion if available to prevent chapping.

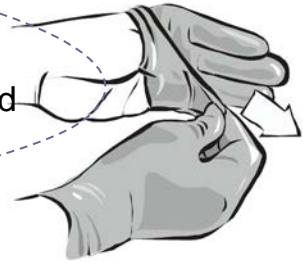
HANDWASHING IS THE SINGLE MOST IMPORTANT MEANS OF PREVENTING THE SPREAD OF INFECTION.

Removing Gloves Safely

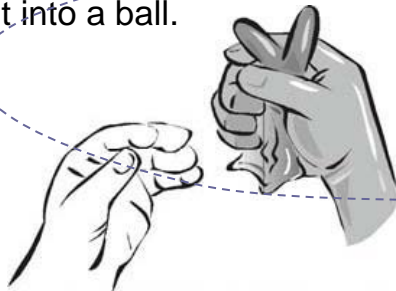
Assume that all used gloves are contaminated. When you remove them, follow these steps so that the outside of the gloves does not touch your bare skin.

1 With one gloved hand, grasp the other glove just below the cuff.

2 Pull the glove down over your hand so it is inside out.

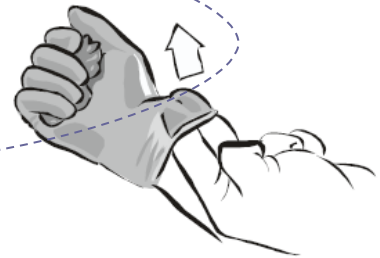


3 Keep holding the glove with your gloved hand and crumple it into a ball.

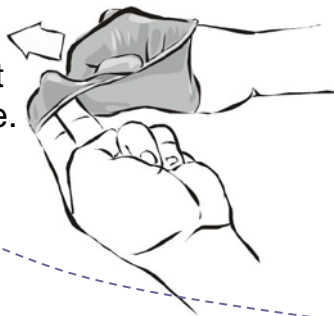


Danger: do NOT touch bare hand to dirty glove.

4 With two fingers of the bare hand, reach under the cuff of the second glove.



5 Pull the glove down inside out so it covers the first glove.



6 Both gloves are now inside out. You can throw them away safely.



7 Wash your hands.