

## General Instructions For 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.