

# UNIVERSAL PRECAUTIONS TO PREVENT TRANSMISSION OF BLOOD-BORNE DISEASES

Adapted for Child Care Settings



**Wash your hands** for 30 seconds after contact with blood and other body fluids contaminated with blood.



**Cover cuts or scratches** with a bandage until healed.



**Use disposable absorbent material** like paper towels to stop bleeding.

**Wear disposable latex gloves** when you encounter large amounts of blood, especially if you have open cuts or chapped skin. Wash your hands as soon as you remove your gloves.



**Immediately clean up** blood-soiled surfaces and **disinfect** with a fresh solution of one part bleach and nine parts water.



**Discard blood-stained material in a sealed plastic bag** and place in a lined, covered garbage container.



**Put blood-stained laundry in sealed plastic bags.** Machine-wash separately in hot soapy water.



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**NEVER DELAY EMERGENCY ACTION BECAUSE YOU CAN'T APPLY UNIVERSAL PRECAUTIONS. THE RISK OF TRANSMISSION OF BLOOD-BORNE DISEASES IS TOO SMALL TO JUSTIFY ENDANGERING A CHILD.**