

# Universal Precautions/Handling Body Fluids Procedure

## Purpose

This document explains the procedures site teams must use to reduce the risk of disease exposure for teams, volunteers, families and children.

## Guidance

Universal Precautions is an approach to infection control. All body fluids, including human blood, are treated as potentially infectious. When possible, direct contact with body fluids is avoided. A protective barrier, which reduces the risk of exposure to the potentially infectious material, is used at all times when exposure to body fluids may occur. Protective Barriers are:

- Gloves
- Goggles
- Ventilation Devices
- Resusci Face Shields provided by PSESD, 1 per first aid kit

## Procedure

### When to use gloves

Non-porous gloves are used if direct hand contact with body fluids is anticipated or anytime there are open wounds on a caregiver's hands.

Situations that require use of gloves include:

- cleaning up body fluid spills
- handling contaminated disposable items (tissues, diapers, etc.)
- treatment of bloody noses
- first aid treatment of cuts or wounds

If disposable gloves are used, dispose of them after each use or if torn or punctured. Place gloves in plastic lined wastebaskets, which are emptied daily. If non-disposable gloves are used, they must be decontaminated in bleach solution before reuse. Always wash hands thoroughly with soap and water immediately after removing gloves.

### What to do about exposure to body fluids

If you have probable contact with body fluid, wash the area of your body that was exposed to the fluid. Do this even if you're not sure you actually touched the body fluid. If exposed to blood, follow your school district/agency exposure to blood-borne pathogens procedure.

### What to do about soiled clothing

- If clothing is soiled with body fluids, put on a fresh set of clothes. If clothing, towels, bedding, diapers, etc., become soiled, store them safely out of reach until they are laundered (or put in the garbage if they are to be thrown away). Dirty cloth diapers and clothing are placed in a plastic bag and sent home with the child at the end of the day.
- If clothing or other material soiled with body fluids is to be laundered, wash it in a washing machine separately from other items. Pre-soaking may be necessary for heavily soiled clothing. Otherwise, wash and dry as usual. If the material is bleachable, add ½ cup of household bleach to the wash cycle. If the material is not colorfast, add ½ cup non-chlorinated bleach to the wash cycle

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### What to do about soiled flooring

Follow your agency or district policy.

- If a hard-surfaced floor is soiled (blood, vomit, stool, etc.), wear gloves and blot up as much as possible. Then mop or wipe the area with a bleach solution of ½ cup bleach per five cups water.
- If a rug/carpet is soiled, wear gloves and blot up as much of the spill as you can. Then spot clean the area with a detergent-disinfectant rather than a bleach solution. Additional cleaning by shampooing or steam cleaning the contaminated surface may be necessary. Carpets cleaned with a detergent-disinfectant are sanitized by continuing to apply and extract the solution until there is no longer any visible soil.

### What to do about soiled toilet (potty chairs are not to be used)

- always wear gloves
- clean and disinfect toilet
- clean brushes with detergent and rinse with water
- soak brushes used to clean toilets in disinfectant, and rinse
- store brushes safely out of reach of children

### Mops, reusable household gloves and other equipment used to clean up body fluids should be cleaned in the following manner

- clean with detergent and rinse with water
- dip into a fresh disinfecting solution
- wring out thoroughly
- air-dry

### Additional personal protection

- avoid rubbing or touching eyes
- avoid the use of jewelry during work hours
- refrain from kissing or being kissed by children
- use your own personal items; don't share drinking glasses, etc.

### Resources

Adapted from “Handling Body Fluids: Guidelines for Childcare Facilities” by Seattle-King County Department of Health.

<http://www.kingcounty.gov/healthservices/health/child/childcare/modelhealth.aspx>