



## Handling Blood and Body Fluids Safely

These guidelines pertain to volunteers and guests, as you never know the medical condition of any person.

- All blood and body fluids should be considered contaminated and handled as such.
- Body fluids should be thought of as ANY fluid, semi-solid or solid substance from ANY area of the body.
- When needed use either vinyl or rubber disposable gloves. *Plastic food handling gloves are not safe for this type of use!*
- Good hand-washing using running water and soap with continuous hand friction for at least 30 seconds is ideal after an incident clean up, even if you used gloves.

Know the location of the following items for quick access when needed:

- a. Disinfectant/bleach wipes or spray
  - b. Large Spill Kit
  - c. First Aid Kit
  - d. Rubber and/or Vinyl Gloves
  - e. Plastic trash bags.
- When closing a plastic bag with contaminated items/fluid, safely eliminate excess air from the bag to decrease the chance of causing a puncture that would allow for leakage of contamination.

**Minimal/Minor Secretion**- the amount that is contained within a tissue or smaller sized item and does not drip.

Should be handled by the affected person only and can be disposed of in the regular trash or garbage.

Encourage the person to wash their hands after disposal of the item.

If it is a small wound, give the person appropriate sized bandage from first aid kit.

**Large Contained Secretion-** these are larger amounts of secretions that are contained in a container (IE-vomit in a trash can) or larger “fabric like” material with gross contamination(IE- nose bleed) and the potential for dripping or seeping.

1. The person(s) cleaning MUST wear gloves.
2. Secretions and contaminated items are placed in a leak proof plastic bag and tightly closed.
3. The closed bag is placed in another plastic bag and tightly closed again.
4. This “double-bagged” item goes into the trash and then the trash is closed and goes out to the main garbage dumpster.
5. Any surfaces that might have been touched by the affected person should be cleaned with disinfectant/bleach solution/wipe, following directions on the container. Most should air dry
6. Remove gloves to the regular trash and wash your hands.
7. Have the affected person wash their hands too.
8. Use meds from First Aid kit if needed-IE anti-emetic, anti-diarrheal etc.

**Large Uncontained Spill** - self-explanatory.

1. Volunteers should wear 2 sets of gloves.
2. If there is a large amount of liquid/semi-liquid, use “spill absorb” from the Large Spill Kit to decrease the chance of dripping or seepage.
3. Make sure all items used in the clean- up go into plastic bags. Contaminated clothes can go into a separate closed bag that is double bagged and sent with the person when they leave.
4. Tightly close the first plastic bag.
5. Place the first bag inside a second plastic bag; remove your FIRST set of gloves, putting them in the second bag before closing tightly.
6. The double-bagged item goes immediately out to the dumpster.
7. Clean surfaces affected by the secretions using disinfectant/bleach solution/wipe, following directions on the container.
8. Remove 2<sup>nd</sup> pair of gloves and place in regular trash and wash your hands.
9. Make sure the person affected has “washed” as appropriate.
10. Call 9-1-1 if needed for the affected person.