

BLOOD AND BODY FLUID: PROTECTING YOURSELF FROM EXPOSURE

Routine practices are the things you should do every day to protect yourself from being exposed to infections from blood or body fluids such as hepatitis B, hepatitis C, and HIV. Although the risk of contact with these viruses is low in the child care setting, the following precautions should be taken if you are going to have contact with blood or other body fluids:

- Wear disposable gloves that fit well around the wrists when you expect to have contact with blood or other body fluids.
- Blood or body fluids with visible blood should be wiped up with paper towels followed by disinfection of the area with a freshly made solution of 1 part chlorine bleach to 9 parts water (or other hospital grade disinfectant). The area should be allowed to dry and then rinsed with water. If spills occur on carpets, bleach may damage the carpet. Another detergent disinfectant should be used.
- Gloves should be removed by grasping the cuff and pulling the cuff over the glove so that it is inside out when removed.
- Use an alcohol-based hand sanitizer after removing gloves. If hands are visibly soiled, clean your hands with soap and water for at least 15 seconds.
- Soiled gloves and paper towels should be disposed into a plastic bag and then into a larger garbage container.
- Open cuts and sores should be covered with fluid-resistant adhesive bandages or a person should refrain from direct child care until they are healed.
- If there is a possibility of being splashed by blood or body fluid it is recommended to wear a gown if available. If blood or other body fluids are splashed on your clothing, rinse well immediately with cold water and then wash in hot soapy water or dry clean clothing.

Sharp items such as needles, broken glass, or other materials capable of causing cuts should be picked up carefully and discarded in a puncture resistant container to avoid injuries.

If you have been exposed to blood or body fluids without wearing proper protection, contact your health care provider or KFL&A Public Health at 613-549-1232, ext. 1287.

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