

## **AP 160 Appendix**

# **UNIVERSAL PRECAUTIONS**

### **Background:**

Hygienic practices are required to minimize the risk of transmission of infectious diseases following contact with blood or other body fluids.

### **Procedures:**

1. Use dressings and tissues to minimize direct contact with blood, other body fluids and wounds.
2. When cleaning up body fluids, protective gloves are to be used.
3. If any part of the skin comes in contact with body fluids, it should immediately be washed with disinfectant or hot soapy water.
4. Appropriate disinfectants (e.g. 1:9 dilution of household bleach in water) shall be used in cleaning body fluids from floors, walls and clothing. The Regional Health Unit can be contacted if there is doubt as to which disinfectants or cleansers should be used.
5. The person doing the cleaning should use disposable materials such as paper towels, if at all possible. If a mop is used it should be rinsed in disinfectant before being used again.
6. All disposable articles soiled with body fluids (e.g. paper towels) should be placed in a plastic container.
7. Non-disposable articles such as clothing and linens visibly soiled with blood or other body fluids should be rinsed in cold water and then machine-washed in hot water with ordinary household laundry detergent including bleach (or dry cleaned). The person who is rinsing the clothes should wear necessary protective coverings.

### **Reference:**

Section 85, 87, 108, 109, Education Act, Occupational Health and Safety Act, Public Health Act

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