

## **Handling and Disposing of Contaminated Fluids**

Health department information about the transmission of diseases including AIDS and Hepatitis B focuses on "body fluids" as a possible carrier of organisms that can infect others. The term includes drainage from cuts and scrapes, vomit, urine, feces, respiratory secretions (nasal discharge), saliva, semen and blood. While any contact with the body fluids of another person represents a risk, the level of risk is very low. The risk is increased if the fluid comes in contact with a break in the skin of another individual. Generally, simple, consistent standards and procedures of cleanliness minimize risk.

The following procedures are precautionary measures against the transmission of diseases. Prudent actions are to be employed by all members of the staff and students. These actions should focus primarily on steps that employees can take to ensure their own well-being. Those who administer first aid or provide physical care will be specifically protected. The procedures, however, are a review for all staff and students of appropriate hygienic and sanitation practices.

1. All health room wastebaskets shall be lined with a plastic bag liner that is changed daily.
2. Anyone administering first aid or health care should use disposable gloves when in direct contact with body fluids. This includes treating bloody noses, washing injuries, handling clothes soiled by incontinence, diaper changing and cleaning up vomit. Gloves should be discarded into a plastic-lined wastebasket.
3. Complete and effective hand washing of at least 10 seconds duration should follow any first aid or health care given a student.
4. If exposure to body fluids occurs through coughing, any first-aid procedure, or through an open sore or break in the skin, thorough washing, preferably with germicidal soap, is necessary.
5. Any surface contaminated with body fluids must be cleaned after each use and at the end of the day with soap and water and then rinsed with a disinfectant like Lysol\*. These include counters, mats (including those used in physical education and athletic events) or changing tables.
6. Usual custodial procedures must be followed when cleaning vomit or other body fluids from the floor. This includes disinfecting the area, preferably with Lysol\*.
7. Items such as clothing and towels shall be laundered in hot or cold water and soap and placed in a dryer.

\* Other disinfectants which can be used instead of Lysol include Purex, Clorox, Tough Act bathroom cleaner, Dow bathroom cleaner, Real pine liquid cleaner, Pine Sol, Spic and Span, Tackle liquid, Comet and other products with EPA numbers.