

UNIVERSAL PRECAUTIONS

are steps we should take to protect ourselves when we come into contact with the blood or body fluids of other people. Universal precautions are intended to stop the spread of germs to others.

You can't tell if a person is infected with HIV, Hepatitis B, Hepatitis C, or any number of other viruses.

The best thing to do is **BE CAUTIOUS OF EVERY PERSONS BODY FLUIDS.**

These body fluids include blood, semen, and vaginal secretions.

TEACH OTHERS,

Especially children, about the risks of infection and how they can be safe by using "universal precautions."



THE BASICS

- Wear latex, vinyl or rubber disposable gloves when handling blood, body fluids, or when cleaning cuts, scrapes or wounds. Add gloves to your first aid kit.
- Clean up blood and body fluid spills right away using absorbent material first, then clean more thoroughly with a disinfectant like household bleach.
- Be careful around used injection needles. If you are stuck with one, wash the area with soap water, and go immediately to the nearest health unit or emergency department for assessment and treatment.
- Always Wash Hands:
 - before preparing food
 - before mealtimes
 - before breastfeeding
 - after toileting or diapering
 - before and after providing first aid
 - after handling blood or body fluids
- Do not share razors, toothbrushes or nail files