

FIRST AID PRECAUTIONS for HEPATITIS B, HIV/AIDS and OTHER BLOOD-BORNE VIRUSES

Use these precautions for every person:

1. Wash your hands before and after treating cuts and abrasions.
2. Cover *all* cuts on your hands with waterproof dressings before treating.
3. Avoid skin contact with blood and body fluids.
4. Use disposable gloves if skin contact with blood or body fluid is likely. Use paper towels to clean up blood or body fluids.
5. Soiled surfaces must be disinfected with household bleach. Use one part bleach to ten parts water. Ideally, bleach should be in contact with the surface for half an hour.
6. Place contaminated material, including gloves, in a plastic bag for safe disposal.