

Handling Bodily Fluids

The purpose of proper handling of bodily fluids is to protect ourselves from infection which could cause Hepatitis B, HIV infection, or AIDS. These directions ensure that bodily fluids involving blood, vomit, urine, feces, semen, saliva, and nasal discharges are handled properly.

Those Affected

All persons should be alerted to dangers of infections from body fluids. Persons should be particularly alert to the proper techniques in handling and disposal of materials.

Equipment Needed

Soap	Disposal bags
Water	Dust pans
Paper towels	Buckets
Disposable gloves	Mops

Disinfectants – should be one of the following classes:

- Sodium Hypochlorite solution (household bleach), 1 part bleach to 10 parts water. (Example: 1 ½ cups bleach to one (1) gallon of water. Needs to be prepared each time used.)
 - Handle carefully, avoid skin contact.
 - Will corrode metal.
 - Will discolor materials such as rugs and clothing.
- Ethyl or isopropyl alcohol (70%).
- Phenolic germicidal detergent in a 1% aqueous solution (e.g. Lysol).
- Quaternary ammonium germicidal detergent in 2% aqueous solution (e.g. Tri-quat, Mytar, or Sage).
- Iodophor germicidal detergent with 500 ppm available iodine (e.g. Wescodyne).



Procedures

1. General

- Wear disposable gloves before making contact with body fluids if you have an open sore or cut on hands.
- Discard gloves after each use.
- Wash hands after handling fluids and contaminated articles, whether or not gloves are worn.
- Discard disposal items including tampons, used bandages and dressings, in a plastic-lined trash container with lid. Close bags and discard daily.
- Do not reuse plastic bags.
- Use disposable items to handle bodily fluids whenever possible.
- Use paper towels to pick up and discard any solid materials such as vomit or feces.

2. Handwashing

- Use soap and warm running water. Soap suspends easily removable soil and microorganisms, allowing these to be washed off.
- Rub hands together for approximately 20 seconds to work up a lather.
- Scrub between fingers, knuckles, backs of hands, and nails.
- Rinse hands under running water. Running water is necessary to carry away debris and dirt.
- Use paper towels to thoroughly dry hands.
- Discard paper towels.

3. For washable surfaces

- For tables, desks, etc.:
 - Use bleach solution of 1 part bleach to 10 parts water, mixed fresh, or a second choice of ethyl or isopropyl alcohol (90%), or Lysol.
 - Rinse with water if so directed on disinfectant.
 - Allow to air dry.
 - When bleach substitute is used, handle carefully.
 - Gloves should be worn since the solution irritating to the skin.
 - Avoid applying on metal, since it will corrode most metals.
- For floors:
 - One of the most readily available and effective disinfectants is the bleach solution (1 ½ cups bleach to one (1) gallon water).

- Use the two bucket system—one bucket to wash the soiled surface and one bucket to rinse as follows:
 - In bucket #1, dip, wring, mop up vomit, blood.
 - Dip, wring, and mop once more.
 - Dip, wring out mop in bucket #1.
 - Put mop into bucket #2 (rinse bucket that has clean disinfectant (such as Lysol, bleach solution)).
 - Mop or rinse area.
 - Return mop to bucket #1 to wring out. This keeps the rinse bucket clean for second spill in the area.
 - After all spills are cleaned up, proceed with #3.
- Soak mop in the disinfectant after use.
- Disposable cleaning equipment and water should be placed in a toilet or plastic bag as appropriate.
- Rinse non-disposable cleaning equipment (dust pans, buckets) in disinfectant.
- Dispose of disinfectant solution down the drain pipe.
- Remove gloves, if worn, and discard in appropriate receptacle.
- Wash hands as described in #2.

4. For non-washable surfaces (rugs, upholstery):

- Apply sanitary absorbing agent, let dry, vacuum.
- If necessary, use broom and dust pan to remove solid materials.
- Apply rug or upholstery shampoo as directed. Vacuum again according to directions on shampoo.
- If a sanitizing carpet cleaner (only available by water extraction method) is used, follow the directions on the label.
- Clean dust pan and broom, if used. Rinse in disinfectant solution.
- Air dry.
- Wash hands as described in #2.



5. For soiled washable materials (clothing, towels, etc.)

- a. Rinse item under running water using gloved hands if appropriate.
- b. Place item in plastic bag and seal it until item is washed.
- c. Wash hands as described in #2.
- d. Wipe sink with paper towels, discard towels.
- e. Wash soiled items separately, washing and drying as usual.
- f. If material is bleachable, add ½ cup bleach to the wash cycle. Otherwise, add ½ cup non-chlorine bleach (Clorox II, Borateem) to the wash cycle.
- g. Discard plastic bag.
- h. Wash hands as described in #2 after handling soiled items.



**Health Department
of Northwest
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