

## STANDARD PRECAUTIONS

*The Centers for Disease Control (CDC) recommend the following practices for the prevention of blood-borne pathogens. Training on these guidelines is mandated annually for all individuals who are identified as at-risk to occupational exposure for blood-borne pathogens.*

### Hand Care:

1. Wash hands with soap and water frequently.
2. If health science student, wash hands before and after all patient care. Wash hands immediately after exposure to blood and/or body fluids and after removing disposable gloves.
3. If working with heavy cleaning activities, each individual should have his/her own pair of utility gloves to wear during at-risk activities, and wash and disinfect gloves after each use.
4. Avoid chapped and cracked hands if possible. Use a water-based hand lotion frequently. Petroleum-based products and Vaseline break down latex.

Protective Barriers should be worn at all times when working with blood or blood products or body fluids or waste that may contain blood.

1. Protective eyewear should be worn whenever there is a risk of eye splash.
2. Gowns, boots and masks should be worn when risk of contamination to clothes, feet or face.

Individuals with open or draining lesions should not work directly with other people (health care students, food servers) while lesion is open or draining.

Do Not Recap, shear, or break needles at any time.

Discard needles and sharp objects in protective containers immediately. If using insulin or other personal prescription injections, students may obtain containers from Student Health Service at no charge.

Sterilize or disinfect reusable equipment that is to be used for more than one person. Do Not share equipment between roommates or friends.

Place items that contain a lot of blood in a red biohazard plastic bag which you can get from Student Health Service or housekeeping. Return red bag to Student Health Service so that the bag can be incinerated.

Do Not pick up broken glass with bare hands. Wear utility gloves or sweep it up. Dispose broken glass in container that does not allow others to be cut.

Resuscitation: Mouthpieces or resuscitator bags should be used whenever resuscitation is carried out.

Safe Sex: Use condoms to protect against sexually transmitted infection.

