

Standard Health Precautions

To avoid getting infected with HIV, Hepatitis B or C, or another communicable disease, use the following precautions when you come into contact with any body fluid or fecal matter. In order to be safe and not discriminate, assume that everyone is infectious.

COVER CUTS

Cover cuts or open sores on your skin with a plastic bandage.



WEAR GLOVES



Wear latex gloves if there is any risk of coming into contact with blood or other body fluids. Wear gloves once and dispose of them in a plastic garbage bag.

WASH HANDS



Wash your hands with soap and warm water for at least 20 seconds:

- after you have had contact with blood or other body fluids (vaginal fluid, semen)
- after removing latex gloves
- after going to the bathroom
- before preparing or eating food.

Use hand lotion to keep hands from becoming chapped or irritated. Intact skin is your first defense against infection!

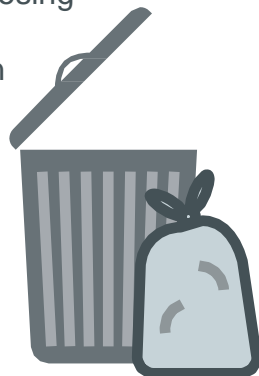
CLEAN UP

Clean spills of blood or other body fluids with a fresh mixture of household bleach (1 part) and water (9 parts). Remember to wear latex gloves. Use paper towels and dispose of them and the gloves in a plastic garbage bag.



DISCARD GARBAGE

Use caution when disposing of garbage and other waste that may contain infected materials or used needles. Discard material soiled with blood or other body fluids in a sealed plastic bag.



WASH CLOTHES



Store soiled items in sealed plastic bags. Wash soiled clothing separately in hot soapy water and dry in a hot dryer, or have clothes dry-cleaned.

For more information, please call the Ohio HIV/STD Hotline at
1-800-332-2437.