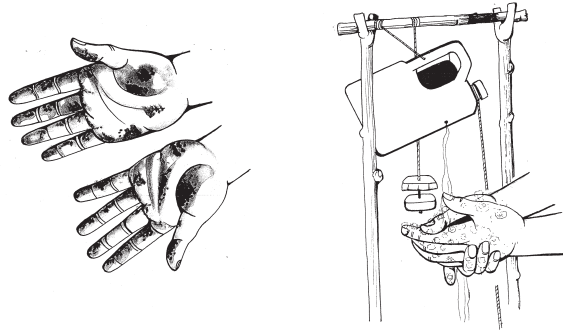


# HOW TO STOP SPREADING GERMS

## Counselling Card

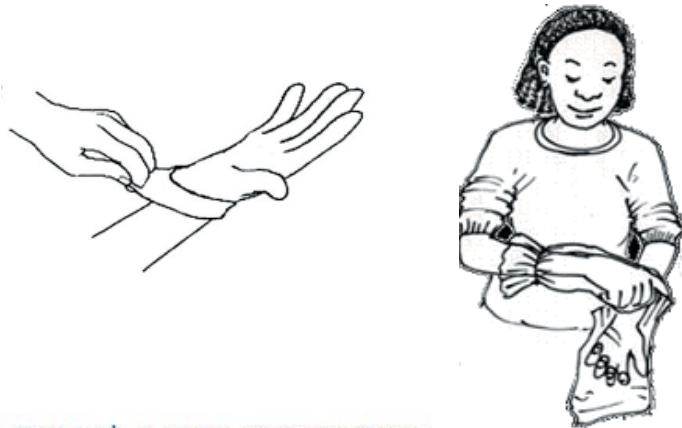
### 1 Wash Hands

Wash hands with water and soap (or ash) at critical times, especially after any contact with blood or other body fluids.



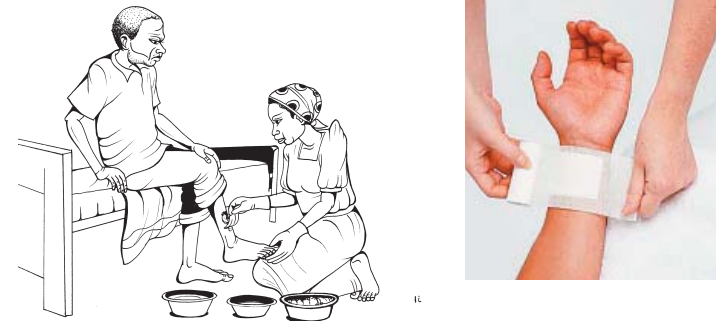
### 2 Protect Hands

Always wear gloves or plastic sheet material on hands to handle soiled items to prevent direct contact with blood or body fluids. Or use big, thick (liquid resistant) leaves (like banana leaves), a spring peg (clothespin), or other utensil to pick up soiled items.



### 3 Wound Care

Cover hands with gloves or plastic sheet material when cleaning someone else's wounds. If it is not possible to protect your hands, be sure to cover any exposed wounds on your hands or on your client with a waterproof bandage/covering.



### 4 Clean up Harmful Spills

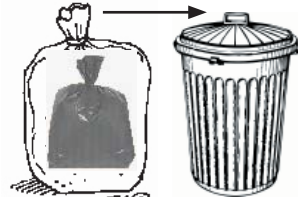
Clean up spills of blood, faeces, or other body fluids with a mixture of 1 part household bleach (Jik) to 9 parts water. Wear gloves or plastic sheet material to protect hands. Protect feet when cleaning body fluids spilled on floors.



**5 Disposal of Soiled Things in URBAN Areas:**  
 Burn items used for cleaning up blood/body fluids (preferred method) or “double bag” (put soiled materials in bag and tie top, then put inside another bag and tie top)



1) Burning (preferred method)



2) Double bagging and put in garbage

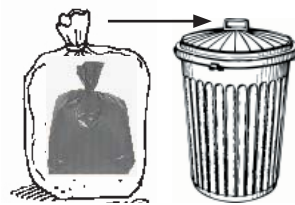
**Disposal of Soiled Things in RURAL Areas:**  
 Dispose of items used for cleaning up blood/body fluids by dropping them down into latrine hole (preferred method), burning, or “double bagging.”



1) Dropping material down into the latrine hole (preferred method)



2) Burning



3) Double bagging and putting in garbage

**6 Separate Soiled Laundry**  
 Keep clothing/sheets soiled with blood, faeces, body fluids separate from other laundry before washing and wash separately.



**7 Clean Things You Share with Others (dishes, linens, etc.) to Stop Spread of Diarrhoea Germs**  
 Clean shared things with soap and water between people using them.



**8 Do Not Share Anything Sharp**  
 Do not share anything sharp that can pierce the skin and come in contact with blood or other body fluids like toothbrushes or chewing sticks, razors, knives, syringes, needles, or other sharp instruments.



Do not share toothbrushes or chewing sticks that have cleaned the mouth or teeth of another person



Do not use razor blades that another person has used



Do not use syringes that have pierced the skin of another person



Do not use knives that have cut the skin of another person