

Unit 4: Safe Handling of Blood and Body Fluids

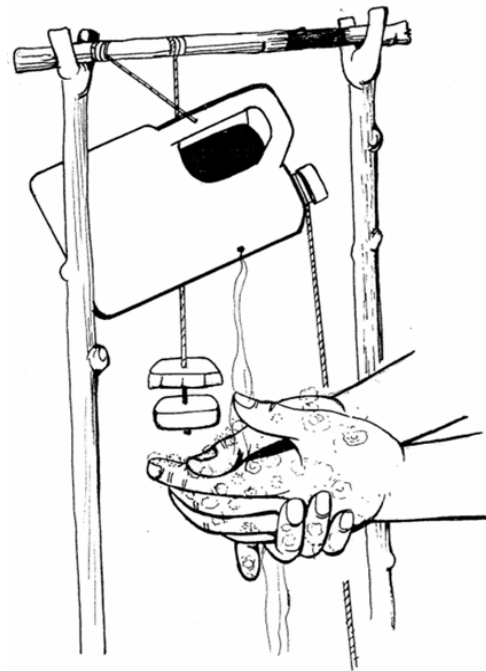
19. Universal Precautions (Blood and Body Fluid Contact)

Universal precautions are simple infection control steps that reduce the chances of passing an illness/infection from one person to another through (1) contact with blood or other body fluids (such as faeces, pus, vomit, sputum, urine and waste from childbirth) or (2) contact with open sores or cuts. By following universal precautions you can help protect yourself from “catching” an illness/infection from your client and you can help protect your client from “catching” any illnesses from you. Therefore, it is important that ALL HBC providers and household members use these precautions in the household.

Key precautions include:

Wash Hands

Wash your hands (Unit 2, Section 5, Page 22).with water and soap (or ash) at critical times, (Unit 2, Section 7, Page 24).especially after any contact with blood or other body fluids.



Protect Hands

Always wear gloves, plastic sheeting or other plastic material on your hands to handle soiled items and to prevent direct contact with any blood or other body fluids.



Use gloves

If gloves, plastic sheeting or other plastic material is not available, you can use big, thick (liquid resistant) leaves (like banana leaves), a spring peg (clothes pin) or other utensil to pick up soiled items.



Use plastic sheet material

Clean up spills of blood, faeces or other body fluids with 1 part Jik (household bleach) to 9 parts water solution while wearing gloves, plastic sheeting or other plastic material to protect your hands.

Wound Care

Cover your hands with gloves, plastic sheeting or other plastic material when cleaning someone else's wounds or when you have a wound on your own hand.



If it is not possible for you to protect your hands, then be sure to cover any exposed wounds on your hands or on your client with a liquid-resistant (waterproof) bandage/covering to prevent direct contact.



Clean Up Harmful Spills

Clean up spills of blood, faeces or other body fluids with a mixture of 1 part household Jik (household bleach) to nine parts water solution (See the next section for instructions on how to prepare the Jik solution). While cleaning, wear gloves, plastic sheeting or other plastic material to protect your hands. Wear shoes to protect your feet when cleaning body fluids spilled on floors.



Clean Things You Share with Others (Dishes, Linens, etc.)

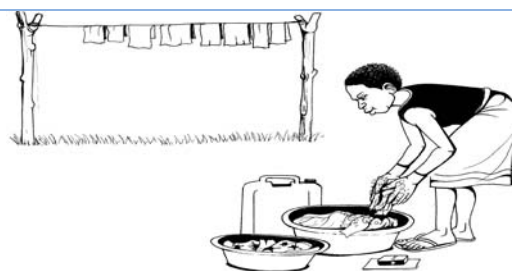
Clean things that are shared between people, like plates, drinking glasses, eating utensils, etc with soap and water before you share them with others. This will help stop the spread of diarrhoea.



It is not necessary to clean these items with Jik (household bleach).

Separate Soiled Laundry

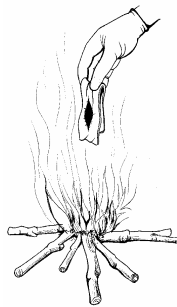
Keep clothing and sheets stained with blood, faeces or other body fluids separate from other household laundry before they are washed.



Disposal of Soiled Things in URBAN Settings

Dispose of items used for cleaning up blood/body fluids by either (1) burning the bloody material (preferred method); or (2) “double bagging” it (putting the soiled material in a bag and tying the top, then putting it inside another bag and tying the top) and putting the sealed bag in the garbage.

Option 1 Burning bloody material (preferred method)



Option 2 Double bagging and putting in the garbage



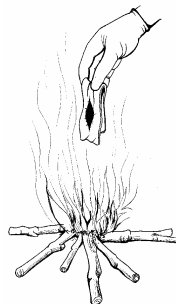
Disposal of Soiled Things in RURAL Settings

Dispose of items used for cleaning up blood/body fluids by either (1) dropping the material down into the latrine hole (preferred method, use in rural areas only); or (2) burning the bloody material (preferred method, urban areas); or (3) “double bagging” it (putting the soiled material in a bag and tying the top, then putting it inside another bag and tying the top) and disposing of the sealed bag in the garbage.

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



Option 2 Burning bloody material



Option 3 Double bagging and putting in the garbage



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 such as toothbrushes or chewing sticks, razors, knives, syringes, needles or other sharp instruments.

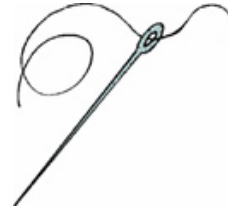
Do not share knives that have cut the skin of another person



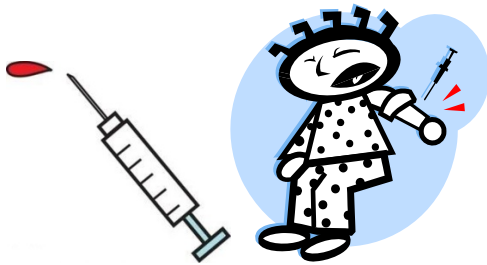
Do not re-use razor blades that have cut the skin of another person



Do not re-use needles that have pierced the skin of another person



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



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

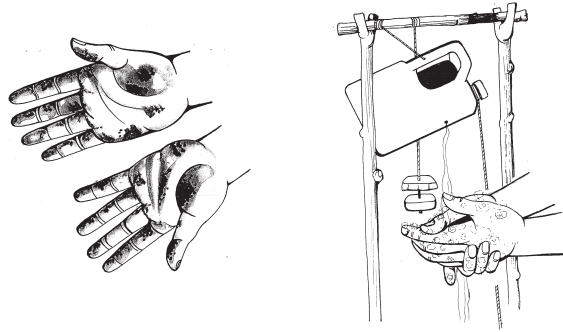


HOW TO STOP SPREADING GERMS

Counselling Card

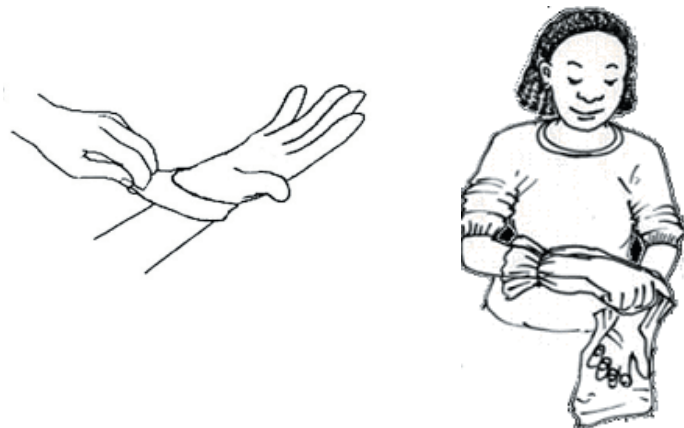
1 Wash Hands

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

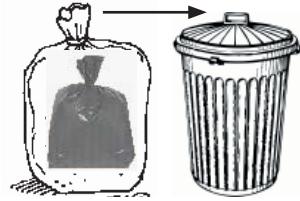
Clean up spills of blood, faeces, or other body fluids with a mixture of 1 part household bleach (Jik) to 9 parts water. Wear gloves or plastic sheet material to protect hands. Protect feet when cleaning body fluids spilled on floors.



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

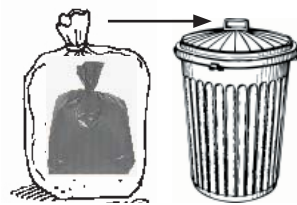
Disposal of Soiled Things in RURAL Areas:
 Dispose of items used for cleaning up blood/body fluids by dropping them down into latrine hole (preferred method), burning, or “double bagging.”



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

20. Mixing and Using Jik (Household Bleach) Solution to Kill Germs

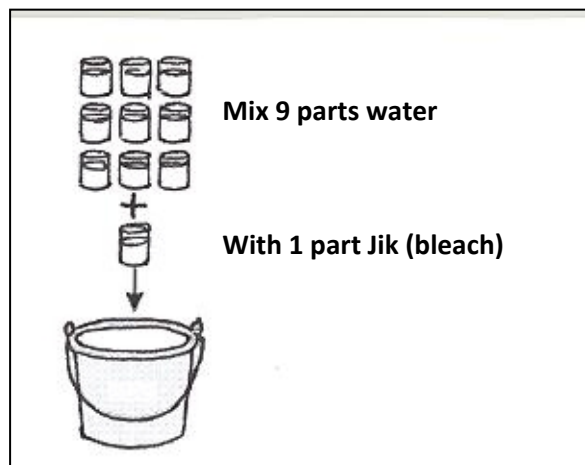
What is Jik Solution and What Does it Do?

Jik is the brand name for household chlorine bleach that is available in Uganda. It is a liquid chemical that is typically used in laundry and other household cleaning. It can also be used to kill “germs” from blood or other body fluids in bedding, bandages, clothing, cotton wool, menstrual cloth, floors or other surfaces. HBC Providers, clients, and household members can make a mixture of Jik and water, which is called a solution, that is used to clean soiled items and surfaces. It is important to mix the right amount of Jik (one part) with the right amount of water (nine parts) to make sure that the solution is strong enough to “disinfect” or kill germs from blood or other body fluids on many surfaces and materials.



How do I mix a “1 part Jik to 9 parts water solution”?

You can make a 1 part Jik to 9 parts water solution by doing the following steps:



STEP
1

Gather a cup, a bucket (or large bowl), Jik and water. Remove the cap from the Jik solution. FILL the cup (or whatever container you have available) once with Jik liquid and pour it into a bucket (or large bowl/container).

STEP
2

With the same cup (or whatever container you used to measure the Jik), fill it 9 times with water and pour it into the bucket (or large bowl/container) that has the Jik in it. Stir the water and Jik mixture (called a solution) with a stick or spoon. This solution is the “one part Jik to nine parts water solution.”

STEP 3	To dispose of Jik solution, dig a hole and pour the left over solution in the hole. Fill the hole with dirt. Tell participants to make sure not to dispose of Jik solution near plants, drinking water sources, or near where children play.
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Care should always be taken when working with chemicals. Do not allow the chemicals to come into contact with the eyes. Chemicals should be stored out of reach from children and in a dry place out of direct sunlight. Liquid and powder bleach are made with different strengths so it is important to specifically use the Jik brand name liquid bleach.

How do I use Jik Solution to Clean up (Disinfect) Blood or Other Body Fluids on Surfaces and Materials (Floors)?

Note: Never dispose of Jik solution in a latrine or near plants. To dispose of Jik solution, dig a hole, pour in the solution, and refill the hole with soil.

20A. How to Disinfect and Dispose of Cloth/Rag/Bandage Soiled with Blood or Body Fluids, Including Faeces

If a cloth/rag has any fluids (blood other than menstrual blood, pus, fluid, faeces, vomit, sputum and waste from childbirth) follow the next set of directions, which use Jik solution:

STEP 1	Cover your hands with gloves, plastic sheeting or other plastic materials (see Item 21 below). Pick up the soiled cloth (soiled with blood or other body fluid) and put it a bucket (or large bowl, container) filled with “1 part Jik to 9 parts water” solution and allow it to soak for at least 20 minutes.
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STEP 2	Wash the cloth as you normally would wash, with water and lots of soap/detergent so there are lots of bubbles when you scrub the cloths/rags together well. Then rinse well. [Note: Bleach will fade/remove colour from cloth.]
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STEP
3

Allow materials to air dry in the sun.

STEP
4

Dispose of solution as instructed above (see instructions for making Jik solution). Soak the bucket (or bowl, container) that was used for disinfection in a 1 part Jik to 9 parts water solution for 10 minutes. After 10 minutes, throw out the used solution and wash the bucket with soap and water, rinse well and air dry in the sun. Remove your gloves, plastic sheeting or other plastic material and wash your hands.

20B. How to Disinfect Hard Surfaces and Floors (e.g., Concrete Floor, Table, etc.) Soiled with Blood and Body Fluids

Hard surfaces or floors soiled with blood or body fluids must be cleaned carefully using Jik solution:



STEP
1

Make a “1 part Jik to 9 parts water” solution. See steps above for instructions.

STEP
2

Pour the “1 part Jik to 9 parts water” solution on the spilled fluid and leave it for 20 minutes.

STEP
3

Cover your hands with gloves, plastic sheeting or other plastic material (see Section 21 below). Clean up the spilled blood and/or body fluids from the floor using a cloth/rag/banana leaf/paper towels. Leave the surface to air dry.

STEP
4

Either disinfect or dispose of the cloth/rag as outlined in Section 20A (above). Remove your gloves, plastic sheeting or other plastic material and wash your hands.

20C. How to Clean Soft Surfaces (e.g. Dirt or Sand Floors) Soiled with Blood and Body Fluids:

Soft surfaces (e.g. dirt or sand floors) soiled with blood or body fluids must be cleaned carefully. Read through the steps below:

STEP 1	Cover your hands with gloves, plastic sheeting or other plastic material.
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STEP 2	Dig up/remove the soft soiled surface (dirt or sand). Dispose of the soiled material either in the latrine or by burying it deep in the ground and away from the household so that people and animals cannot come in contact with the material.
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STEP 3	Replace the area you dug up with fresh dirt, mud, or sand. Remove your gloves, plastic sheeting or other plastic material and wash your hands.
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21. How to Protect Your Hands from Blood or Body Fluids: Using Gloves, Plastic Sheeting or Other Plastic Material

Gloves, plastic sheeting or other plastic materials around the hands are always necessary when handling blood or body fluids because they protect you from germs and prevent the spread of germs to your clients. When using gloves, plastic sheeting or other plastic material, be sure not to touch any part of your own body with your covered hands (so that you don't get germs on yourself). Be sure not to use gloves or plastic sheet materials that are peeling, cracked, or have holes in them.

22. What is the Best Type of Material for Gloves or as a Substitute for Gloves?

Using material that is resistant to tears and liquids is the best type of material for gloves or substitutes to gloves.

Suggested types include:



Thin “medical” gloves made of natural rubber latex and synthetic non-latex materials (e.g., vinyl, nitrile, and neoprene) which are comfortable to wear, allowing good movement of fingers and the hands. These thinner gloves ideally should be used one pair at a time for one task and then thrown away.

Thicker, household rubber gloves are not as pliable and easy to use for cleaning a client; however they are best for cleaning blood or bloody fluids from floors, equipment, beds, etc. and can be used to clean a client when there is no other kind of glove available.



Plastic sheet material: take a large plastic sheet (like that used during the delivery of a baby) and cut a square approximately 50 cm by 50 cm large. Place the tip of your finger in the middle of square, and gather up the rest of the plastic material around your wrist. Secure it tightly by tying a string around your wrist .

If anything moist is to be touched, **do not use paper or cloth** as it may get soaked and contaminated.

Even though gloves are in place to protect your hands, it is important to always **wash your hands after using gloves** to both prevent irritation on your hands and remove any germs that got on your hands.

The thicker the glove, plastic sheeting or other plastic material, the more protection provided. Thicker chemical-resistant material such as

in many rubber gloves resists punctures and tears. However, thicker gloves also may be stiffer and harder to use to clean clients. You should select a material large enough to cover your hands and your wrists. To clean up large spills of blood or body fluids you may need to cover your elbows and/or wear an apron to keep from getting large amounts of blood on your body.

23A. How to Put on Gloves, Plastic Sheeting or Other Plastic Material

Keep in mind that **gloves**, plastic sheeting or other plastic material that fit the hands correctly will be more comfortable to wear. If the material fits well, you may be able to wear it longer and with more comfort.



Suggested steps for putting on gloves include:

STEP 1 Wash your hands before touching the gloves. Check for any holes or tears before putting the gloves on your hands.

STEP 2 Determine which direction the gloves go on and which is left and right. Hold them up and look at which way the thumbs go.

STEP 3 Insert your hand into the hole at the end of the glove, the one found farthest away from the glove's fingers.

STEP 4 Slide your fingers into the finger openings that are meant for the proper finger.

STEP 5 Pull the glove as far up over your wrist and forearm as possible so that the tips of your fingers are touching the end (inside surface) of the glove's fingers.



Suggested steps for putting on plastic sheeting or other plastic material include:

- | | |
|---------------|---|
| STEP 1 | Wash your hands before touching the plastic material. Check for any holes or tears before putting the plastic material on your hands. |
| STEP 2 | If starting with a large plastic sheet (like those used for the delivery of a baby), cut a square approximately 20" x 20" (50 cm by 50 cm) (or large enough to cover your hand and wrist). |
| STEP 3 | Place the tip of your fingers in the middle of the square and with your other hand (or with someone else helping you) gather up the rest of the plastic so it covers your hand, and then gather it around your wrist. |
| STEP 4 | Secure the plastic around your wrist by tying it with a string or rubber band. |

23B. How to Safely Remove Gloves, Plastic Sheeting or Other Plastic Material

Remember to always remove your gloves, plastic sheeting or other plastic material on your hands immediately after caring for the client. Failure to do this may spread germs from one client to another, or from your covered hands to other surfaces. It is best if a fresh pair of gloves, plastic sheeting or other plastic material is worn for each new client.

To safely take off **gloves** that you are NOT going to RE-USE, follow the following steps:

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|---------------|---|
| STEP 1 | Hold the glove by the opening at the wrist. |
|---------------|---|

STEP 2 Peel it down over your hand, which turns it inside out. This will keep the wet side on the inside, away from your skin and other people.

STEP 3 Throw it away.

STEP 4 Repeat steps 1-3 with the second glove. Wash your hands with soap (or ash) and water.

To safely take off **plastic sheeting or other plastic material** that you are NOT going to RE-USE, follow the following steps:

STEP 1 Hold one hand so that the fingers are pointing up, and with the other hand untie the string or remove the rubber band carefully so that the now loosened plastic material does not fall off your hand.

STEP 2 Grasp one corner (at the edge) of the loosened plastic material and draw it up towards the fingers of your upheld hand. Secure it between your thumb and forefinger. Repeat this process with the remaining three corners, so the soiled surface of the plastic material is “inside” the folded material.

STEP 3 Gently clasp the fingers of your second hand around the base of the folded soiled plastic material (where it is being clasped by the first hand) and draw your fingers up, so you can scoop the plastic material up, touching only the clean surface (that was originally against your skin).

See section 26 “Where Do I Throw Away (Dispose of) Gloves, Plastic Sheet Material or other Plastic Material After they are Used” for more information on how to dispose of soiled gloves or plastic material.

24. Can I Reuse Gloves, Plastic Sheeting or Other Plastic Material?

When you finish using gloves, plastic sheeting or other plastic material used to protect your hands, it is best to throw out the dirty gloves or plastic material. It is especially important to throw away thin

gloves (including medical gloves) after one use, since they easily tear. However, if you have no other option than to re-use your gloves then you should:

STEP 1	Check they do not have any holes or tears. If they are damaged, dispose of them and do not reuse them.
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STEP 2	Pull the first glove off by grabbing the fingertips and gently pulling the glove off the hand, keeping the wet side on the outside, away from your skin and other people.
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STEP 3	Hang the glove immediately in a bucket of “1 part Jik to 9parts water” solution. The glove should have the soiled area immersed in the solution. The opening at the wrist should be hanging over the edge of the container (so that solution does not get inside the gloves and get the inside wet).
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STEP 4	To take off the second glove, grab a clean piece of plastic/banana leaf or other water-resistant material to pull the second glove off the same way – by grabbing the fingertips with the banana leaf (or plastic) and pull off, keeping the wet side on the outside.
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STEP 5	Cover the bucket, throw away the banana leaves (or disinfect the cloth), and then wash your hands with soap (or ash) and water right away.
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STEP 6	Soak the gloves in the “1 part Jik to 9 parts water” solution for at least 20 minutes.
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If you need to temporarily stop work, e.g. to tend to a child that may immediately need your help or to answer a phone, remove the gloves, plastic sheeting or other plastic material you are wearing and either throw them away or put them in a bucket with a “1 part water, 9 part Jik” solution to soak, as described above. Use a new set of gloves, plastic sheeting or other plastic material when you resume work. Gloves or plastic material can be re-used after soaking for 20 minutes.

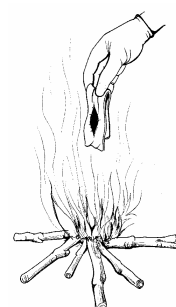
If the gloves, plastic sheeting or other plastic material are torn or somehow damaged during or after use, do not continue using them and dispose of them immediately.

25. Where do I Throw Away (Dispose of) Gloves, Plastic Sheeting or Other Plastic Material After They Are Used?

If disposing of gloves, plastic sheeting or other plastic material in an **URBAN** setting.

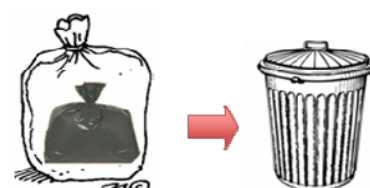
Option 1

Burn the soiled material in a safe area (preferred method).



Option 2

“Double bag” it by putting the soiled material in a bag and tying the top, then putting it inside another bag and tying the top and throwing away the sealed bag in the garbage (least preferred method).



If disposing of gloves, plastic sheeting or other plastic material in a **RURAL** setting:

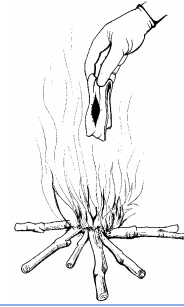
Option 1

Drop the material down into the latrine hole (preferred method).



Option 2

Burn the bloody material in a safe area.



Option 3

“Double bag” it by putting the soiled material in a bag and tying the top, then putting it inside another bag and tying the top and throwing away the sealed bag in the garbage (least preferred method).



26. Skin Care While Using Gloves, Plastic Sheeting or Other Plastic material on Your Hand

It is important to know that moisturizing lotion and hand cream, applied after hand washing, can help prevent skin dryness and irritation that sometimes happens when you frequently use gloves, plastic sheeting or other plastic material. However, it is important to know that petroleum-based hand lotions, ointments or creams (e.g. Vaseline) may damage latex used in latex medical gloves. Non-petroleum based lotions, ointments and creams are the best products to use when you are frequently using gloves, plastic sheeting or other plastic material on your hands.