



## **Counseling Card 12: Caring for the Bed Bound HIV+ Woman with Menstruation and Safe Disposal of Blood Stained Material**

### *Small doable actions*

1. Ensure privacy of the client
2. Wash your hands with water and soap
3. Wear the gloves or festas (see image #1)
4. Clean the perineal area
5. Turn the bed bound person
6. Clean the anal area, always wiping front to back away from the anus
7. Change the pad/piece of cloth
8. Throw blood stained pad in a garbage can
9. Change the bed sheet and clothes (see image #2)
10. Place the bed bound woman in a comfortable position and cover her (see image #3)
11. Soak, wash, and dry the stained bed sheet and clothes
12. Wash your hands with soap & water (see image #4)