

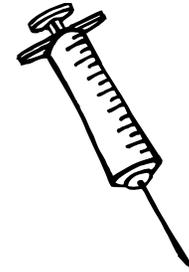
## REMEMBER

The chances of contacting HIV, Hepatitis B or other blood related illness through accidental exposure to infected blood or body fluids are minimised by following the universal precautions at all times.

1. Treat all blood and body fluids as potentially infected.
2. Keep all exposed cuts and bruises on the skin covered with a waterproof dressing.
3. Use protective equipment, gloves etc., when in contact with blood or body fluids.
4. Handle 'sharps', needles, etc., with care
5. Wash hands with hot soap and water after contact.

Additional confidential information is available from:-

1. General Practitioners.
2. National AIDS Line  
0800 567123 (Freephone).
3. Terrence Higgins Trust  
0171 242 1010 (Charity).



**ADVICE AND GUIDANCE FOR  
ANYONE WHO MAY COME INTO  
CONTACT WITH BLOOD OR  
BODY FLUIDS**

## THE FACTS

There are a number of potentially life threatening diseases which can be transmitted through contact with infected blood or body fluids. They include HIV, the virus which causes AIDS and Hepatitis B which attacks the liver.

**For HIV the major routes of transmission are by contact with infected blood, semen and vaginal fluids, through unprotected penetrative sex or using contaminated drug injecting equipment. Children may also be affected through infected breast milk.**

Hepatitis B can also be transmitted through these routes and additionally through saliva.

The risk of transmission by any other route, ie accidental contact with blood or body fluids is much lower.

## THE FICTION

You cannot be infected with HIV by touching or sharing objects used by an infected person, eg cups, glasses, cutlery, food, clothes or toilet seats.

HIV cannot be passed on by sneezing, coughing or kissing.

You cannot be infected by mosquitoes or other insects.

## THE ACTION

If you come into contact with blood or body fluids always treat them as infectious. Remember, an infected person will not always look ill.

To minimise the risk of infection always follow these standard procedures:-

1. Ensure basic good hygiene precautions at all times.
2. If you have cuts or abrasions cover them with waterproof dressings.
3. Use disposable nitrile gloves if you are at risk of coming into contact with blood or body fluids.
4. Wear additional kevlar gloves if there is a chance of being cut or grazed.
5. Take care when handling 'sharps' and dispose of these in the approved 'sharps' containers.
6. After contact with blood or body fluids, wash thoroughly with soap and water.
7. Launder soiled clothing on the hot cycle of the washing machine (80°).
8. Clean up small spillages of blood or body fluids, using a solution of 1 part bleach to 9 parts water.
9. In the event that you are exposed to the risk of infection through direct contact with blood or body fluids, eg from a needlestick or other 'sharps' injury, or where your skin has been splashed with blood or body fluids, the following action should be taken immediately.
  - (a) Wounds should be encouraged to bleed and then washed thoroughly before dressing.
  - (b) Splashes to the skin should be thoroughly washed using soap and water.
  - (c) Report the incident to your supervisor, and seek medical advice.
10. In the event of any significant risk arising from the circumstances described above, the person who has come into contact with infectious blood or body fluids may decide to take an HIV antibody test. This decision should be made by the individual after full consultation with their doctor or local HIV/AIDS Advisory Service.
11. Unlike HIV, Hepatitis can be prevented by a course of injections.

**You are strongly advised to be vaccinated against Hepatitis B.**