

# Infection Control Guidelines

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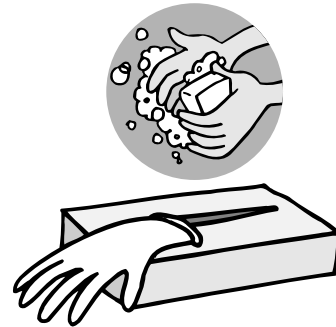
**Infection control guidelines** (also known as routine practices) are safety measures. They keep you from getting infectious diseases through contact with a person's blood or other body fluids.

Infectious diseases like AIDS and hepatitis B are spread through contact with body fluids. These body fluids include blood, semen, vaginal fluids and others. Ask the doctor or nurse about all body fluids you need to avoid.

Diseases can be passed through the eyes, nose and mouth or a break or cut in the skin.

Since you can't always know what diseases a person may have, it is a good habit to always protect yourself. To do this:

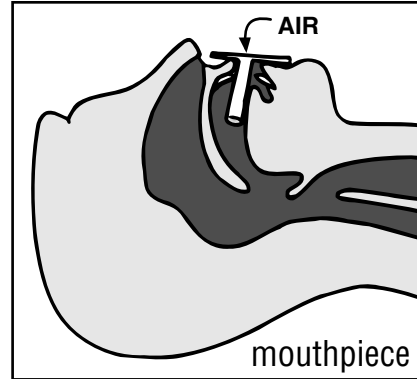
- Wash and dry your hands before and after caring for someone.
- When washing your hands, wash with warm, soapy water for at least 15 seconds. Dry them on a clean towel or paper towel. You may be asked to use a special soap.
- Wear gloves when caring for someone when there is a chance of coming in contact with any body fluids.
- Wash\* and dry your hands after you take gloves off.
- Wear a mask and goggles when there is a chance you may get fluids in your eyes or mouth.



\*You may use a waterless alcohol-based hand rub instead of washing your hands.

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- Wear a mouthpiece, or use something to cover a person's mouth when giving mouth-to-mouth breathing.
- If you come in contact with a person's blood or other body fluids, wash the area with soap and water.



- Wash linens if blood or other fluids get on them. Wash by themselves, and use bleach and hot water.
- Use care when you get rid of wastes. Put used needles and syringes in a sharps container. If you don't have one, use a hard plastic or metal container with a screw-on or tightly secured lid. Do not use containers with soft, plastic lids.



When container is two-thirds full, put heavy duty tape around the lid to make sure it is secure. Make sure it won't leak from the sides or bottom. Do not put any sharp objects in containers you plan to recycle. Do not use glass, clear or soft plastic containers. You may want to label the container "NOT FOR RECYCLING".

Throw away sealed container.

- Wash and dry your hands or use a waterless alcohol-based hand rub.



Always wear gloves when caring for someone or handling body wastes or equipment.

