



Universal Precautions

What are universal precautions?

Universal precautions are practices that limit contact with another person's body fluids in order to prevent possible exposure and infection from viruses, such as HIV/AIDS or viral hepatitis. All body fluids should be treated as infectious in order to prevent the spread of disease and protect staff and student confidentiality.

What is included in universal precautions?

Universal Precautions include use of gloves when cleaning up blood or any body fluids that could potentially be contaminated with blood. Gloves should also be worn when administering first aid or responding to an emergency or accident, cleaning up vomit or urine and any other body fluid exposure. Gloves should be a standard component of first-aid supplies within schools and should be readily accessible for emergencies.

Wear disposable single use gloves when:

- touching any body fluid, especially blood.
- examining the mouth or assisting with dental care or emergencies.
- coming in physical contact with anyone who has open cuts or lesions.

Wash your hands:

- before preparing or eating food and after eating.
- after using the restroom.
- before and after changing diapers or assisting a student with toileting needs.
- before and after administering first aid.
- after contact with any body fluid (blood, saliva, vomit, feces, urine, menstrual flow, wound drainage or nasal discharge).
- after removing disposable gloves.

According to the Centers for Disease Control and Prevention, handwashing is the single most important factor in preventing the spread of infectious diseases.

For more information call the Guilford County Department of Public Health at 641-7777 or visit our website at www.guilfordhealth.org.