

Routine Practice



What is Routine Practice?

Routine practices are steps that you can take to protect yourself from becoming exposed and infected with many communicable diseases. By protecting yourself you also protect other people. Routine practices assume that the blood and other body fluids of all individuals may carry blood borne infections such as Human Immunodeficiency virus (HIV), Hepatitis B virus and many other communicable diseases.

If you are going to have contact with:

- blood
- semen
- vaginal fluids
- and other body fluids which contain visible blood

Use Routine Practices to protect yourself and others, follow these guidelines:

1. If gloves are heavily soiled with body fluids, wash the gross fluid off gloves before removing them. Wash your hands with soap and water for at least 15 seconds as soon as possible after touching blood or body fluids or after taking off your gloves.
2. Wear latex/vinyl gloves, which fit snugly around the wrists when you expect to be in contact with blood or body fluids. Change gloves after each client contact. Remove gloves by grasping at the cuff and pulling cuff over glove so it is inside out when removed.
3. Wear masks and protective eyewear, gowns or aprons if there is a possibility of being splashed with blood or other body fluids.
4. To clean spills, wear gloves. Wipe up the blood or body fluid with a paper towel. Wash the area with soap and water, then wipe it with a solution of 1 part chlorine bleach to 9 parts water and allow to dry for 10 minutes. Then rinse with water. Place soiled gloves, towels, etc. in a plastic bag. Place the bag into a second plastic bag. Then, place it in the garbage.
5. Do not recap needles after use. Dispose of needles in puncture-resistant containers.
6. If possible, use mouthpieces or other ventilation devices for resuscitation.
7. Cover open cuts and sores with adhesive bandages that repel liquids or refrain from direct client care until the condition is resolved.
8. If blood or other body fluids are splashed on your clothing, rinse immediately with cold water and wash in hot soapy water.

What do I do if I have more questions?

Call the Health Unit at 1-800-660-5853.