



# County of San Luis Obispo

Department of Social Services

In-Home Supportive Services

PO Box 8119

San Luis Obispo, CA 93403

## IMPORTANT INFORMATION ON UNIVERSAL PRECAUTIONS

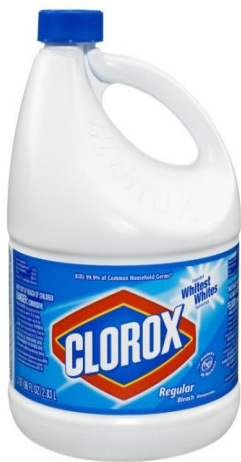
The Department of Social Services, In-Home Supportive Services Program (IHSS) wants to inform and educate you on appropriate methods that you, as an IHSS provider, should use daily to prevent exposure to germs, viruses, bacteria, and communicable diseases.

On the reverse side is an important publication describing Universal Precautions, which you should be using to protect yourself. As an IHSS provider, you may work with IHSS recipients who have contagious diseases. It is important to protect yourself against infection. Likewise, if you have a contagious illness, it is important to protect those around you from exposure to infection.

Please read the Universal Precautions flyer on the reverse side carefully and keep it handy so you can refer to it often. Universal Precautions help protect IHSS recipients, IHSS providers, family members, friends and others from infection. Thank you for your attention to this important matter.



The informational content in this document will be reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is NOT a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.



## **What are Universal Precautions?**

Universal precautions are guidelines you follow to prevent the spread of infection, including influenza and other airborne diseases. It means using precautions when handling blood & other body fluids of ALL people regardless of one's knowledge of whether the person is infected with a specific communicable disease. Using universal precautions will protect you from communicable diseases such as HIV or Hepatitis B & C. It will also result in fewer illnesses for you & the IHSS consumers you provide care for.

## **What Precautions Must I Take When Caring For Someone?**

1. You should wash your hands with soap and running water at regular times during your workday – and especially when you:
  - a. Come into contact with a person's blood and/or body fluids.
  - b. Prepare food
  - c. Perform personal care
  - d. Perform housecleaning tasks
  - e. Have physical contact with your client
2. Wear disposable gloves when there is a chance of being in contact with blood, semen, vaginal secretion, mucous membranes or other body fluids.
3. Take time to remove your gloves correctly to avoid the risk of contamination.
  - a. With right hand, pinch palm of glove on left hand and pull left glove down and off fingers.
  - b. Form left glove into a ball and hold in fist of right hand.
  - c. Insert 2 fingers of left ungloved hand under inside rim of right glove on palm side.
  - d. Push glove inside out and down onto fingers and over balled left glove.
  - e. Grasp gloves, which are now together and inside out, with left hand and remove from right hand.
  - f. Discard gloves in plastic bag with any used first aid material and seal bag.
  - g. WASH YOUR HANDS!!
4. Avoid punctures with objects that contain blood of others.
5. Carefully dispose of trash that contains body fluids. Use special containers with plastic liners for disposal of refuse that contains blood or for anybody spills that may contain blood.
6. Wash soiled laundry in HOT water and dry on HIGH heat.
7. Carefully dispose of sharp objects such as razors and needles. Use containers that cannot be broken or penetrated. Do not bend break or recap needles. Handle diabetes lancets with caution to avoid needle sticks.
8. Clean surfaces that have blood or body fluids containing blood in them with a 1:10 solution of bleach and water mixed fresh daily. Wash dishes and utensils in hot, soapy water. Rinse in very hot water and let them air dry.