

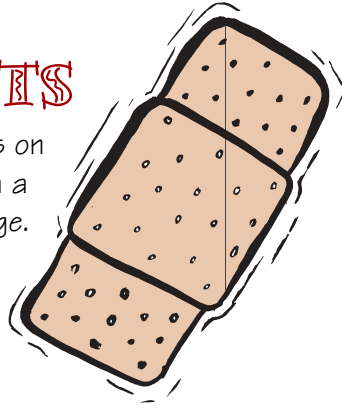
# UNIVERSAL PRECAUTIONS

To avoid getting infected with HIV, Hepatitis B or C or another communicable disease, use the following precautions when you come into contact with any body fluids or fecal matter.

*In order to be safe and not to discriminate, assume that everyone is infectious.*

## COVER CUTS

If you have cuts or open sores on your skin, cover them with a plastic bandage.



## WEAR GLOVES

If there is any risk of coming into contact with blood or other body fluids, wear latex gloves. Gloves should only be worn once and disposed of in a plastic garbage bag.



## WASH HANDS

Wash your hands with soap and hot water for at least 20 seconds after you have had contact with blood or other body fluids, after going to the bathroom, before preparing or eating food, and after removing latex gloves. Use hand lotion to help keep your hands from becoming chapped or irritated. Intact skin is your first defense against infection!



## CLEAN UP

Spills of blood or other body fluids should be cleaned up with a fresh mixture of household bleach (1 part) and water (9 parts). Paper towels should be used and disposed of in a plastic garbage bag. Remember to wear latex gloves during clean-up.

## DISCARD GARBAGE

Use caution when disposing of garbage and other waste that may contain infected materials or used needles. Discard material soiled with blood or other body fluids in a sealed plastic bag.



## WASH CLOTHES

Soiled items should be stored in sealed plastic bags. Wash soiled clothing separately in hot soapy water and dry in a hot dryer, or have clothes dry-cleaned.



For more copies of this poster or other documents on HIV/AIDS, contact the **Canadian HIV/AIDS Information Centre**

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Published by the Canadian HIV/AIDS Information Centre, a program of the Canadian Public Health Association.



Canadian Strategy on HIV/AIDS  
La Stratégie canadienne sur le VIH/sida

Funding for this publication was provided by Health Canada.