

3. Pay special attention to the wrists, the backs of the hands, between the fingers, and under the fingernails.
4. Leave the water running while drying hands on a paper towel.
5. Use the paper towel as a barrier between the faucet and clean hands when turning off the water.
6. If soap and water are not available, use gel hand sanitizers or alcohol-based hand wipes containing 60% to 90% ethyl alcohol or isopropanol. Congregations should provide hand sanitizers or alcohol-based wipes in convenient locations throughout their facilities.
7. To use a gel sanitizer, rub the hands until the gel is dry. The use of water is not necessary. The alcohol in the gel kills germs on the hands.

### References

- Centers for Disease Control and Prevention (2010). Wash your hands. Retrieved July 7, 2010 from <http://www.cdc.gov/features/handwashing/>
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- WebMD (2007). What are blood and body fluid precautions? Retrieved July 6, 2010 from <http://www.webmd.com/a-to-z-guides/blood-and-body-fluid-precautions-topic-overview> .

Compiled by James E. Glasser, MD  
and Jo K. Glasser, PhD

## **POLICY: CLEAN-UP OF BLOOD AND BODY FLUIDS**

**REVIEWED BY: EXECUTIVE COUNCIL**

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### POLICY:

All paid and unpaid staff, volunteers, and members of congregations, or members of the local community who may use the facilities of a local congregation, who are in a position to clean up spills and other deposits that may contain human blood or other body fluids need to be protected against the potential transmission of infectious disease. This policy describes precautions that are to be taken by all such persons in the course of attending to such clean-up activities.

### RATIONALE:

Blood and bodily fluids including semen, vaginal fluids, nasal secretions, breast milk, stool, sputum, sweat, tears, urine, and vomit can transmit organisms including human immunodeficiency virus (HIV), hepatitis B virus (HBV), hepatitis C virus (HCV) and other diseases. Recommended precautions treat all bodily fluids as potentially infectious, even when there are no visible traces of blood.

### PROCEDURE:

1. When a spill or other deposit that includes bodily fluids occurs, the person(s) responsible for cleaning up the substance should first put on disposable gloves. Gloves should be provided by the congregation in all closets, cupboards, and other areas where cleaning supplies are located.
2. Gloves should always be worn for handling items or surfaces soiled with blood or body fluids, or that may be soiled with blood or body fluids.
3. Gloves should always be worn if there is scraped, cut, or chapped skin on your hands.
4. Gloves must be changed after each use.
5. Hands should be washed thoroughly\* immediately after removing gloves.
6. Hands and other skin surfaces should be washed immediately after they come in contact with blood or body fluids, even if gloves have been worn.
7. Protective aprons that cover clothing from the neck to the knees are strongly recommended. If the apron becomes soiled with the blood or body fluids, gloves should be worn to remove the apron and seal it separately in a sturdy plastic bag such as a garbage bag for transport to be laundered.
8. Laundry visibly soiled with blood or body fluids should be wiped clean with a disposable towel and laundered in hot, soapy water. Heavily soiled clothing or linens should be placed in a plastic bag separate from other laundry; the contents should be removed from the bag and washed in hot soapy water.
9. Surfaces (e.g. floors, countertops, sinks, showers, bathtubs) visibly soiled with blood or excretions should be cleaned with a household detergent or disinfectant. A freshly prepared solution of one part household bleach with 10 parts cold water will kill HIV and other germs.

\* The Centers for Disease Control and Prevention recommend the following steps for handwashing:

1. Wash the hands with running water and soap.
2. Rub hands together for at least 20 seconds.