

HOW TO PROTECT YOURSELF

- Janitorial personnel should wear disposable latex gloves when performing any procedure that might subject them to blood or bodily fluids
- Potentially infectious materials that cannot be properly decontaminated should be disposed of in biohazard bags.
- Exposed skin should be washed with soap and water.
- Mucous membranes, such as the eyes, nose, and mouth should be flushed with water as soon as possible following contact with blood or other potentially infectious materials.
- Any contaminated clothing should be removed as soon as possible and either disposed of or cleaned and disinfected.
- An example of an approved disinfectant is a solution of one part bleach and 10 parts water.
- Potential exposures may take place while performing routine cleaning task.
- Blood may be present in vomit, urine, and feces.