

10 steps for cleaning up a large blood or body fluid spill

1. Protect mucous membranes (your eyes, nose and mouth) from splashes of blood or body fluid when cleaning up spills (i.e., turn your face away).
2. If broken glass or other sharp objects may be present in the spill, put on a pair of heavy-duty household rubber gloves. Otherwise, use disposable gloves.
3. Clean up the bulk of the spill using paper towels, then wash the area with detergent and water.
4. Safely discard contaminated materials in a foot-activated, plastic-lined and tightly covered garbage container.
5. Disinfect the area with a strong (1:10) bleach solution for a contact time of at least 30 seconds. This will kill any germs left on the surface.
6. Discard single-use bleach-soaked cloths in the garbage container (see step 4, above) or a closed laundry container if the cloths are reusable.
7. To prevent cuts, keep your gloves on to sweep up broken glass or other sharp objects. **Never handle sharp objects with your hands or fingers:** use a broom or dust pan or two pieces of cardboard instead. Put sharp objects into a sealed box or puncture-resistant container.
8. Remove gloves by grasping the cuffs on the inside of your wrist and pulling the gloves off inside-out. Discard disposable gloves in the garbage container.
9. Wash reusable household rubber gloves in soap and water and disinfect by soaking them in a mild (1:100) bleach solution for at least 2 minutes. Hang them to air dry.
10. Wash your hands.