

Cleaning up Blood and Body Fluids



1

- ✓ Inspect the area around the spill thoroughly for splashes or splatters.
- ✓ Restrict activity around the spill until the area has been cleaned/disinfected and is completely dry.
- ✓ Gather the supplies required for dealing with the spill (e.g., paper towels, gloves, garbage bag, cleaning and disinfectant products).
 - Choose a disinfectant product appropriate for use on blood and body fluid spills (e.g., one part bleach to ten parts water or a hospital-grade disinfectant). Make sure you know how to safely use the product.
- ✓ Clean hands and put on gloves.
 - If there is a possibility of splashing, wear a gown and facial protection.

2

- ✓ Absorb the spill immediately using paper towels. Throw out the used paper towels into a garbage bag. Use this same garbage bag throughout the clean-up.
- ✓ Clean the entire spill area using a cleaning product. Throw out any paper towels used to clean the spill in the garbage bag.
- ✓ Disinfect the entire spill area and allow the disinfectant to stand for the amount of time recommended by the product manufacturer (i.e., contact time). Wipe up the area again using paper towels. Throw out the used paper towels into the garbage bag.
- ✓ If the spill occurred on a carpet, follow the above steps and then have the carpet wet/steam cleaned as soon as possible.
 - Restrict activity in the area until wet/steam cleaning occurs.

3

- ✓ Remove gloves (and gown/facial protection, if used) and throw them out into the garbage bag. Tie the garbage bag and throw it out.
- ✓ Clean hands.

