

# Protect yourself and your clients

## Take care of your hands



Wash your hands thoroughly with soap and water before and immediately after touching blood, semen or vaginal fluid – even if you were wearing gloves.

**Wear gloves on both hands whenever you touch blood, semen or vaginal fluid.**



Use a sterile pair of gloves for each client. Good quality gloves can be sterilized. Before re-use they can be filled with water to check for damage.

Take care to cover any sores, cuts or rashes on your hands and arms with waterproof plasters.



## Disinfect surfaces and bedding



Wipe surfaces with one of the chemicals which kill HIV if there are spills of blood and fluid, and at the end of the day.

Cover blood and vomit spillages with one of these chemicals (see box). If possible leave for a few minutes first and then clean up, wearing gloves. Burn cleaning materials or disinfect them.



Soiled bedding and linen should be boiled before handwashing. Gloves, if available, should be used if the bedding is badly soiled.

*You can protect yourself and your clients from infection by always following these correct procedures – every hour, every day, with every client.*

## Follow the infection control rules every hour, every day, every client.

*These pages have been adapted from an excellent wallchart produced by the IPPF AIDS Prevention Unit. It is printed on tough plastic and contains more information than we can include here. See page 8 for details. We are grateful to IPPF for permission to include this material.*

### Advice to Care Givers

The HIV virus which causes AIDS, is found in the blood, semen, vaginal fluid and other body fluids of infected people. A person may carry these germs without knowing it, and without showing any symptoms. If any of these infected fluids touch the broken skin, or mucous membrane (for example: the eyes, mouth, nose etc) of another person, he or she may also become infected.



### Chemicals which will kill the HIV virus:

- |                        |                      |
|------------------------|----------------------|
| Glutaraldehyde 2%      | Rubbing alcohol 70%  |
| Polyvidone iodine 2%   | Surgical spirit 70%  |
| Chlorine solution 0.5% | Hydrogen peroxide 6% |

Disinfectants such as Lysol, Savlon and Dettol will **not** kill the HIV virus. Always cover sterilised instruments until you use them to avoid contamination.

## Dispose of waste safely

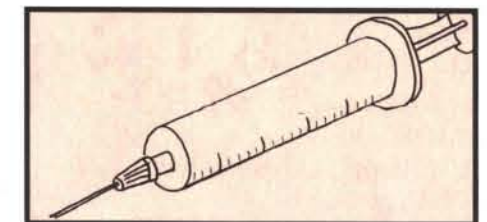
Place disposable needles carefully into a separate, labelled, closed container immediately after use. Burn or bury the container daily.

Burn all soiled waste as quickly as possible (use an old oil drum as an incinerator).



## Take care with needles

Take great care with needles and other medical instruments. If you have an accident allow the wound to bleed freely for a few minutes. Wash the wound with soap and running water and cover with a dressing. Needles should not be used more than once (unless properly sterilised).



## Sterilise instruments and syringes

The HIV virus can be passed from one person to another through contaminated instruments and needles.

Always sterilise instruments and reusable needles after each use following these steps:

Place instruments in a 0.5% chlorine solution (or use dilution recommended on bleach container) after use to prevent fluids from becoming dry and difficult to remove.

Wash well with a brush and soapy water. Use one of these methods to sterilise:

- **Steam** under pressure for at least 20 minutes.
- **Heat** in an electric oven for 2 hours at 170°C (340°F).
- **Boil** in water for 20 minutes. Make sure that the instruments are covered with water at a rolling boil with the lid on.
- **Soak** in one of the chemicals listed for 30 minutes. Check to find the local brand names and dilutions. (This method is **not** suitable for sterilising needles and syringes.)

