


**Community Infection Prevention and Control  
Policy for Domiciliary Care staff**

**Safe management of  
blood and body fluids**

**SAFE MANAGEMENT OF  
BLOOD AND BODY FLUIDS**

**Version 1.00  
March 2020**

**This guidance document has been adopted as a policy document by:**

Organisation:	Cumbria County Council
Signed:	
Name:	Pam Duke
Job Title:	Assistant Director Provider Services
Directorate:	People
Date Adopted:	1 March 2020
Review Date:	28 March 2022

**For further information and advice regarding infection prevention and control please contact:**

<p>Fiona McCredie Head of Health Protection Public Health People Directorate Cumbria County Council Penrith Community Fire Station Carleton Avenue Penrith Cumbria CA10 2FA</p> <p>Tel: 01768 812539 Mob: 07900 668648 Email: <a href="mailto:Fiona.McCredie@cumbria.gov.uk">Fiona.McCredie@cumbria.gov.uk</a></p>	<p>Debbie McKenna Health Protection Specialist Public Health People Directorate Cumbria County Council Cumbria House 107-117 Botchergate Carlisle Cumbria CA1 1RZ</p> <p>Mob: 07769 301904 Email: <a href="mailto:Deborah.McKenna@cumbria.gov.uk">Deborah.McKenna@cumbria.gov.uk</a></p>
--	--

**Your local Public Health England Team:**

Public Health England North West	Tel: 0344 225 0562 Option 2
----------------------------------	-----------------------------

Community Infection Prevention and Control  
Harrogate and District NHS Foundation Trust  
Gibraltar House, Thurston Road  
Northallerton, North Yorkshire. DL6 2NA  
Tel: 01423 557340  
email: [infectionprevention.control@nhs.net](mailto:infectionprevention.control@nhs.net)  
[www.infectionpreventioncontrol.co.uk](http://www.infectionpreventioncontrol.co.uk)

**Legal Disclaimer**

This Policy produced by Harrogate and District NHS Foundation Trust is provided 'as is', without any representation endorsement made and without warranty of any kind whether express or implied, including but not limited to the implied warranties of satisfactory quality, fitness for a particular purpose, non-infringement, compatibility, security and accuracy.

These terms and conditions shall be governed by and construed in accordance with the laws of England and Wales. Any dispute arising under these terms and conditions shall be subject to the exclusive jurisdiction of the courts of England and Wales.

## Contents

## Page

1. Introduction.....	4
2. Dealing with blood/blood stained body fluid spillages.....	4
3. Dealing with body fluid spillages (not blood/blood stained) .....	5
4. Use of chlorine-based disinfectants .....	5
5. Splashes of blood or body fluids .....	6
6. References .....	6

# SAFE MANAGEMENT OF BLOOD AND BODY FLUIDS

## SAFE MANAGEMENT OF BLOOD AND BODY FLUIDS

### 1. Introduction

This Policy is 1 of the 10 'Standard infection control precautions' (SICPs) referred to by NHS England and NHS Improvement.

Blood and body fluids, e.g. urine and faeces (poo), may contain a large number of micro-organisms, such as bacteria, viruses and fungi. Contamination or spillages with blood or body fluids should be dealt with immediately, as this may expose staff and others to infection. Appropriate personal protective equipment should be worn and standard infection control precautions followed.

### 2. Dealing with blood/blood stained body fluid spillages

Items contaminated with blood or any body fluids stained with blood should be disinfected promptly and then the affected area cleaned (see table below) to reduce the risk of infection to other people.

Best practice is to use a chlorine-based product such as household bleach, following the manufacturer's instructions on the bottle where available, or prepare as below.

#### Action for blood and/or blood stained body fluid spillages Dilution of 10,000 parts per million (ppm) available chlorine

*Preparation of a household bleach solution: dilution of 1 in 10, e.g. 10 ml of household bleach in 100 ml of water.*

1. Wear disposable gloves and apron.
2. Ventilate the area, e.g. open windows/doors, as fumes will be released from the chlorine.
3. Cover the spill with paper towels, e.g. kitchen roll.
4. Pour the household bleach solution on top of the paper towels and leave for the required contact time of 5 to 10 minutes.
5. Clear away paper towels/spillage, dispose of by putting in a plastic bag.
6. With a disposable cloth, clean the area using detergent and warm water, then leave to dry or dry with paper towels.
7. Dispose of cloth and paper towels in the plastic bag.

8. Remove gloves and apron and dispose of in the plastic bag. Tie/seal the bag and place in the waste bin.
9. Wash, rinse and dry hands thoroughly to prevent the transmission of infection.

### 3. Dealing with body fluid spillages (not blood/ blood stained)

Clean up body fluids, such as urine, faeces and vomit, promptly. The affected area should be cleaned and then disinfected (see table below) to reduce the risk of infection to other people.

Best practice is to use a chlorine-based product such as household bleach, following the manufacturer's instructions on the bottle where available or prepare as below.

<b>Action for body fluid spillages</b> <i>Dilution of 1,000 parts per million (ppm) available chlorine</i>
<i>Preparation of a household bleach solution: dilution of 1 in 100, e.g. 10 ml of household bleach in 1 litre of water.</i>
1. Wear disposable gloves and apron.
2. Ventilate the area, e.g. open windows/doors, as fumes will be released from the chlorine.
3. Soak up any excess liquid or clean up any solid material using paper towels, e.g. kitchen roll.
4. Clear away paper towels/spillage, dispose of by putting in a plastic bag.
5. With a disposable cloth, clean the area with detergent and warm water followed by the household bleach solution, then leave to dry or dry with paper towels.
6. Dispose of cloth and paper towels in the plastic bag.
7. Remove gloves and apron and dispose of in the plastic bag. Tie/seal the bag and place in the waste bin.
8. Wash, rinse and dry hands thoroughly to prevent the transmission of infection.

**Note: Do not use a chlorine-based disinfectant solution directly on urine as toxic fumes will be released.**

### 4. Use of chlorine-based disinfectants

Chlorine-based disinfectants, such as household bleach, should not be used on soft furnishings, untreated wood and carpets as it will cause 'whitening/

bleaching'. Therefore, only detergent and warm water, a carpet shampoo machine or steam cleaner should be used.

### 5. Splashes of blood or body fluids

Splashes of blood or body fluids to the eyes or mouth must be treated as potential exposure to a blood-borne virus. Rinse eyes or mouth with copious amounts of water and then:

- Report the injury to your manager immediately
- Immediately contact your GP for assessment and treatment as required. During 'out of normal office hours', attend the nearest Accident and Emergency (A&E) department

### 6. References

Department of Health (2015) *The Health and Social Care Act 2008: Code of Practice on the prevention and control of infections and related guidance*

Health and Safety Executive (Accessed December 2019) *How to deal with an exposure incident* [www.hse.gov.uk/biosafety/blood-borne-viruses/how-deal-exposure-incident.htm#immediate](http://www.hse.gov.uk/biosafety/blood-borne-viruses/how-deal-exposure-incident.htm#immediate)

NHS England and NHS Improvement (March 2019) *Standard infection control precautions: national hand hygiene and personal protective equipment policy*