



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

**Safe management of
blood and body fluids**

**SAFE MANAGEMENT OF
BLOOD AND BODY FLUIDS**

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

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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.

Action for body fluid spillages <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

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