



## Universal Precaution Guidelines

### Summary of Universal Precautions Guidelines

The Centers for Disease Control and Prevention (CDC) developed universal precautions to minimize the transmission of illnesses such as HIV and hepatitis B and C. The guidelines (available at the CDC website [here](#)) are designed to prevent people from having direct contact with blood and other fluids, including semen, vaginal fluid, breast milk, and amniotic fluid. Anyone handling other body fluids (e.g., feces and urine) should also use appropriate infection-control practices. As it is impossible to know what pathogens may be present, body fluid spills from all individuals should be treated with the same degree of caution.

#### Recommended Barrier Precautions:

- Use gloves when there is a risk of contact with body fluids.
- Wash hands with hot soapy water after removing gloves.
- Use masks and protective eyewear when splatter of body fluids may be possible.
- Use gowns or other protective garments when clothing may get soiled.

#### Disinfecting Body Fluid Spills:

- Clean up spills before disinfecting surfaces.
- A solution of one part bleach to ten parts water is an effective germicide.
- Do not premix water and bleach solution, since it will lose its potency.

#### Handling Sharps or Needles:

- Never attempt to re-cap a needle.
- Dispose of used needles in a “sharps container” immediately.
- Keep sharps containers readily available and do not overfill.

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Note: This document is included within the *Housing Operations* section of CSH's *Toolkit for Developing and Operating Supportive Housing*, which is available at [www.csh.org/toolkit2](http://www.csh.org/toolkit2). This document has been adapted from CSH's publication *Developing the "Support" in Supportive Housing*, which is available at [www.csh.org/publications](http://www.csh.org/publications).