## **Universal Precautions**

## **Preventing Disease Transmission**

The risk of getting a disease while giving first aid is extremely low. When you follow standard precautions, you can reduce that risk even further. Always give care in ways that protect you and the person from disease transmission.

Whenever possible, you should-

- Avoid contact with blood and other body fluids.
- Avoid touching objects that may be soiled with blood and other body fluids.
- Cover any cuts, scrapes or sores prior to putting on protective equipment, such as gloves.
- Remove jewelry such as rings and watches before giving care.
- Avoid eating; drinking; smoking; applying cosmetics or lip balm; handling contact lenses; or touching your mouth, nose or eyes when you may be exposed to infectious materials or giving first aid.
- Place barriers between you and a person's blood or other body fluids using such items as:
  - Protective eyewear
  - CPR breathing barriers (e.g., resuscitation masks or face shields)
  - Disposable gloves

Gloves soiled with blood are considered contaminated and a "biohazard," and should be disposed of properly.

Kinship Caregiver/Resource Parent Date TECD Date