

## **UNIVERSAL PRECAUTIONS RE: BLOOD AND BODILY FLUIDS**

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- **Use impermeable gloves if blood or body fluids containing visible blood are anticipated.**
- **Stop the bleeding, cover the wound and change the uniform if contaminated with excessive amounts of blood.**
- **Wash hands and skin after contact with blood.**
- **Clean any surfaces or equipment with appropriate disinfectant and clean clothes or skin with soap and water or an appropriate antiseptic.**
- **Use proper disposal procedures for equipment and contaminated clothing.**
- **Use a ventilation device for emergency resuscitation.**
- **No direct contact patient care if you have an open skin condition.**
- **Dispose of disinfected clothes and/or towels.**
- **Follow accepted guidelines for control of bleeding and for any body fluids containing visible blood.**
- **Encourage all participants to use individual water bottles.**
- **For additional information, refer to sport specific rules.**