

Universal Precautions

Overview:

Universal Precautions are infection control guidelines designed to protect the body from exposure to disease spread by blood and certain body fluids. The Indiana Department of Child Services applies Universal Precautions when working with children, families, and community members.

Universal precautions apply to bloodborne fluids. However, Universal Precautions can also prevent the spread of bacteria when dealing with:

- Feces
- Nasal secretions
- Urine
- Vomitus
- Perspiration
- Sputum
- Saliva

Why is this important?

Field staff must protect themselves from contagious disease because they are not visible, are easily transmitted, and can be deadly.

References

Indiana State Department of Health
www.in.gov/isdh

Centers for Disease Control and Prevention
www.cdc.gov

Prevention Strategies:

- Cover cuts - If you have cuts or open sores on your skin, cover them with a bandage.
- Wash your hands - Wash your hands with soap and hot water for at least 20 seconds after contact with a client. Use hand lotion to help keep your hands from becoming chapped or irritated.
- Wash your clothes - If possible wash all your clothing in hot soapy water or have dry-cleaned.
- If necessary wear gloves and other forms of protection when working with clients.



Indiana Department of
Child Services