

An illustrated list of ways in which people can be protected from AIDS, from washing their hands to sterilising equipment properly; an AIDS prevention advertisement by the AIDS Control Cell of the Directorate of Health Service, Government of New Delhi. Colour lithograph by Ravi Chopra, ca. 1995.

Contributors

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AIDS

PROTECT PATIENTS & YOURSELF

PREVENTION

UNIVERSAL PRECAUTIONS
SIMPLE PRECAUTIONS
FOLLOW THEM WHEREVER YOU ARE

Human Immuno Deficiency Virus is found in blood, semen, vaginal, cervical, cerebrospinal, pericardial, pleural, peritoneal, synovial and amniotic fluids etc. of infected persons.
A person may carry this virus without realising it and without showing any symptoms for many years.
You can protect your patients and yourself from HIV and other infections by following appropriate personal hygiene, good laboratory practices and by observing UNIVERSAL PRECAUTIONS
HANDLE EVERY SAMPLE WITH CARE AS IF IT IS INFECTIOUS.

WASH AND WEAR



WASH YOUR HANDS THOROUGHLY WITH SOAP AND WATER

- Before starting and immediately after completion of work.
- Between patients.
- Immediately after touching blood, semen, vaginal fluid or any other body fluid.
- Before wearing gloves.



CHECK YOUR HANDS FOR ANY CUTS, SORES OR RASHES. COVER ANY CUTS ETC. WITH WATER PROOF ADHESIVE PLASTER

- If doubtful, about the presence of minor cuts etc. rub a little spirit. Any burning sensation confirms.
- Avoid contact with blood, semen, vaginal fluid or any other body fluid on broken/inflamed skin.



ALWAYS WEAR GLOVES ON BOTH HANDS

- Whenever you are likely to touch blood, semen, vaginal fluid or any other body fluid.
- Whenever you are examining mucous membranes or broken/inflamed skin.
- SEVERAL VENEPUNCTURES CAN BE DONE USING A SINGLE PAIR OF GLOVES if these are not soiled with blood etc. and the gloved hands are washed with soap and water every time.



REMEMBER TO WEAR PROTECTIVES IF YOU ANTICIPATE SPLASHES OR SPRAYS OF BLOOD/AMNIOTIC OR BODY FLUIDS

- Glasses and mask to protect the eyes, nose and mouth.
- Shoe covers/gum boots to protect your feet.
- A plastic apron or cover gown to protect your clothing & body.

MAKE SAFETY A HABIT



NEVER RE-CAP, BEND, MANIPULATE OR REMOVE NEEDLES FROM SYRINGES

- These are major causes of needlestick injuries



BREAK AMPOULES WITH AN OPENER OR FILE

- Open vials etc. carefully to avoid injury to your hands.

NEVER PIPETTE THE BLOOD OR ANY OTHER BODY FLUID BY MOUTH. ALWAYS CARRY SHARPS, NEEDLES ETC. IN A KIDNEY TRAY BEFORE AND AFTER USE.



DISPOSE SHARPS ETC. CAREFULLY

- Put needles and sharps carefully into a separate, labelled puncture resistant container immediately after use

- PUT ANY WASTE THAT HAS BEEN SOILED BY BLOOD, SEMEN OR VAGINAL FLUIDS INTO A SEPARATE, LABELLED AND COVERED CONTAINER.
- DO NOT TOUCH YOUR EYES, NOSE, OTHER EXPOSED MEMBRANES OR SKIN WHILE WORKING.
- ALWAYS USE PRE-LABELLED SCREW CAP CONTAINER FOR COLLECTION OF SAMPLES.
- WIPE THE EXTERNAL SURFACE OF THE CONTAINER WITH HYPOCHLORITE SOLUTION.
- INCINERATE OR BURY HOSPITAL WASTES DAILY.

DISINFECT PROPERLY

with 10% Hypochlorite solution for 20 minutes



COVER ANY SPILLS OF BLOOD OR BODY FLUIDS WITH ABSORBENT MATERIAL LIKE COTTON ETC. AND POUR PLENTY OF DISINFECTANT. LEAVE IT AS SUCH FOR 20 MINUTES

- Wipe out using more absorbent material and a barrier such as polythene sheet between the absorbent material and the gloved hands.
- Wipe the surface again with the disinfectant solution.
- Wear gloves throughout the procedure.



DISINFECT INSTRUMENTS, REUSABLE SYRINGES, NEEDLES ETC. AFTER USE

- Place them in 10% Hypochlorite solution (first choice) or other disinfectant in a plastic bucket/tray immediately after use for 20 minutes.
- Using thick rubber gloves, wash instruments thoroughly in soap & water using a brush before sending for sterilisation.

- Change cloth covers of examination tables whenever they become soiled with blood, semen, vaginal fluid or other body fluids. Soak them in 10% hypochlorite solution for 20 minutes before sending to laundry.
- Wipe the working surfaces like table tops, shelves etc. with hypochlorite solution every morning and evening.
- DO NOT USE SURGICAL SPIRIT OR ALCOHOL FOR WIPING SPILLS ETC. BECAUSE THEY EVAPORATE TOO FAST TO KILL HIV.

How to make Soda-Lime solution ?

- HOUSEHOLD LIQUID BLEACH (e.g. POLAR BLEACH) : MIX ONE PART IN 2.5 PARTS OF CLEAN WATER.
- SODIUM HYPOCHLORITE POWDER : MIX 10 GM. IN ONE LITRE OF CLEAN WATER.
- CALCIUM HYPOCHLORITE POWDER : MIX 14 GM IN ONE LITRE OF CLEAN WATER.

REMEMBER THAT THESE SOLUTIONS SHOULD BE FRESHLY PREPARED EVERY DAY AND PROTECTED FROM HEAT AND SUNLIGHT. DO NOT USE IRON, ALUMINIUM BUCKETS ETC. TO STORE THE SOLUTION AS IT IS CORROSIVE. USE PLASTIC BUCKETS ETC.

STERILISE PROPERLY

By using any of the following methods :



Sterilise with Steam for at least 20 minutes under pressure (101 kpa 15 lbs/sq. inch) at 121°C (250°F) in an autoclave, pressure cooker or steam steriliser.



Sterilise with dry heat for 2 hours at 170°C (340°F) in an electric oven. (The method of choice for glasswares, sharp instruments etc.)



BOIL IN WATER FOR 20 MINUTES

SOAK IN ANY ONE OF THE FOLLOWINGS FOR 30 MINUTES. 10% Hypochlorite solution, 2% Glutaraldehyde (Cidex), 70% Ethyl alcohol, 70% Surgical spirit, 2.5% Polyvidone iodine, 4% Formaldehyde, 6% Hydrogen peroxide.

Make sure that the instruments are completely dipped in rolling boiling water.

REMEMBER

- Follow manufacturer's instructions.
- Chemical disinfection is less reliable than steam, dry heat or boiling and should be employed only if the instruments are likely to be damaged by heat.
- Hypochlorite solution, Hydrogen peroxide and Polyvidone iodine are corrosive and should not be used on aluminium, copper, iron, nickel and chromium plated instruments.
- Weak disinfectants like Dettol DO NOT KILL HIV and some other germs.
- Alcohol and surgical spirit need a minimum contact period of 20 minutes to kill HIV and are ineffective on the skin and other surfaces due to quick evaporation.
- Glutaraldehyde (Cidex) solution needs to be activated before use by adding the powder/liquid supplied with it and the activated solution can be used for two weeks only. The minimum contact period required to kill bacteria and viruses is 30 minutes. It requires 8-10 hrs to kill the spores.
- DISPOSABLE NEEDLES, SYRINGES AND PROPERLY STERILISED REUSABLES ARE EQUALLY GOOD

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