

**The risks of getting HIV infection including a table with statistics; part 2 of 2 posters by the State AIDS Project Cell with support from Unicef. Colour lithograph by the Centre for AIDS Research and Control (CARC), ca. 1997.**

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Risk of your getting HIV infection is very low (45 to 120 times less than Hepatitis B.)

## BUT WHY TAKE THE RISK?

### \*FOLLOW GENERAL PRINCIPLES OF HYGIENE

● Wash hands thoroughly with soap and water before and after touching blood, semen, vaginal fluid, EVEN if gloves are used. ● Cover sores, cuts or rashes on hands with waterproof plaster before wearing gloves

### \*\* USE JUDICIOUSLY SELECTED APPAREL to protect HIV and HBV transmission

Task or activity	Disposable / Surgical * gloves	Gown	Mask	Protective eyewear
1. Measuring blood pressure	No	No	No	No
2. Measuring temperature	No	No	No	No
3. Giving an injection	No	No	No	No
4. Bleeding control (minimal Spurting expected)	No	No	No	No
5. Bleeding control (Spurting blood expected)	Yes	Yes	Yes	No
6. Blood drawing (Venepuncture)	No	No	No	No
7. Starting an intravenous line (I.V.)	No	No	No	No
8. Emergency childbirth	Yes	Yes	Yes	Yes
9. Handling and cleaning contaminated/used instruments	Yes	Yes	No	No
10. Oral/Nasal suction(Manual)	Yes	Yes	Yes#	Yes#
11. Endotracheal intubation oesophageal obturator use etc.	Yes	Yes	Yes#	Yes#

◆ The surgical gloves can be reused 3 - 4 times after proper sterilization each time. # If splashing likely

### \*\*\* USE CLEAN AND STERILIZED INSTRUMENTS

Decontamination, cleaning & sterilization

● Routinely clean all instruments thoroughly. Decontaminate used instruments by soaking in a suitable chemical disinfectant (e.g. sodium hypochlorite for 30 minutes.)

● Clean with soap and water (avoid cuts during washing/cleaning)

● Heat is best to kill HIV For sterilization keep instruments/equipments in boiling water for at least 20 minutes with lid-on. Articles must be submerged in water throughout boiling. Alternatively keep instruments/equipments in pressure cooker for 15 minutes after pressure is built.  
● Use presterilized (gamma radiation) disposable syringes and needles if possible.

### \*\*\*\*HIGH LEVEL CHEMICAL DISINFECTANTS

For linen, Clothing, Instruments : To be immersed for at least 30 minutes before washing with soap and water.

#### CHLORINE RELEASING COMPOUNDS.

Prepare fresh before use.

Corrodes Nickel, Chromium and other Oxidizable metals.

**Sodium hypochlorite (5%)** (Hypo; Chlorwat; Kloroklin; Saaf)

Desired effective strength 0.5 - 1.0% available Chlorine

1. Dilute one part of the liquid concentrate with four parts of water.

Cost Rs. 3/1000 ml.

2. **Bleaching powder (Laundry Bleach)**

Dissolve four tablespoons of Bleaching Powder in two litres of water.

Cost Rs. 3/1000 ml.

3. **Bleach Tablet (Halazone Tablet)** Dissolve one tablet of Halazone in one litre water.

**Recommendations :**

For contaminated linen/clothing, Stainless Steel instruments,

Table top spills : Cover spills with 2% solution for 30 minutes before wiping/cleaning.

#### CETRIMIDE (Savlon)

Desired concentration - 1:1000 can be prepared from the concentrate. Dilute 10 ml of concentrate with 990 ml of water.

Cost : Rs.2/1000 ml

Use : for cleansing and disinfection of equipments, furniture and fittings. \* Add sodium Nitrate (0.4%) to stabilize dilute solutions to prevent rusting. Use undiluted commercial preparation for 15 seconds for hand wash.

#### IODINE COMPOUNDS (Providone, Betadine)

Desired effective strength 1%. Dilute one part of concentrate with 125 parts of water.

Cost : Rs.3.5/1000 ml to prepare 2.5%, Dilute concentrate solution (5%) with equal parts of water.

**Recommended for :**

Instruments, equipments, Hand wash, table spills.

#### HYDROGEN PEROXIDE (6% v/v, 30% v/v)

Desired Strength 6% Dilute 30% v/v stock part with four parts of boiled water.

Cost : Rs.30/1000 ml.

#### ETHYL ALCOHOL (Denatured spirit)

Desired effective strength 70%. Mix 737 parts of Alcohol with 263 parts of water.

Cost : Rs.25/1000 ml

**Recommended for :**

Instruments/equipments, hand wash, table spills, thermometers, rubber tubings.

#### Dichloroxylenol (Iteof-3)

Composition : Dischloroxylenol 1.5%. Non-irritant, Non-poisonous.

Dilute 50ml of concentrate with 950 ml of water.

Cost : Rs.2/1000 ml. (after dilution)

**Recommended for :**

Disinfection of instruments, antiseptics of patients' skin, disinfection of clothing, floor etc.

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