

First Aid Precautions for Blood-borne Infections

Use these precautions for every person:

1. Wash your hands before and after treating cuts and abrasions.
2. Cover **all** cuts on your hands with waterproof dressings before treating.
3. Avoid skin contact with blood and body fluids.
4. Use disposable gloves if skin contact with blood or body fluid is likely. Use paper towels to clean up blood or body fluids.
5. Soiled surfaces must be disinfected with household bleach. Use one part bleach to ten parts water. Ideally, bleach should be in contact with the surface for half an hour.
6. Place contaminated material, including gloves, in a plastic bag for safe disposal.

This resource is available from health.govt.nz or your local Authorised Provider. Health New Zealand | Te Whatu Ora. July 2025. **Code HE4264**