

Cleaning-Up Spills

Protect your eyes, nose and mouth from blood or body fluids when cleaning up spills. Wear gloves, as well as a face mask and eye protection if you think you might get splashed.



1 Isolate the area and gather supplies.



2 Put on disposable rubber gloves.



3 Soak up the spill with paper towels and throw in a plastic-lined garbage container.



4 Wash the area with detergent and water using disposable towels and allow it to dry. Disinfect the area with a strong (1:10) bleach solution. Mix ½ cup of bleach into 4 cups of water and allow it to sit on the area for 2 minutes.



5 Wipe up the area again with water and paper towel.



6 Safely discard all paper towels and gloves in garbage.



7 Wash hands with soap and water.

For more information, call the Health Action Line
1-800-660-5853 or visit www.healthunit.org

