



## **A Guide to General Hygiene Measures**

This document has been produced to provide you with an overview of basic hygiene precautions to be taken to minimise the risk of infectious diseases and illnesses.

### **General Precautions**

- Wash hands before contact with food and drink
- Wash hands after contact with any animal, bodily substance, dirty/contaminated material etc.
- Use appropriate gloves in first aid situations
- Use a resuscitation mouth piece for CPR
- Use gloves and apron when clearing up any spills of bodily substances
- Dispose of waste, gloves and aprons appropriately after use
- Ensure waste is double bagged before disposal. This means that the waste bag is placed into another bag before it is placed into the receptacle.

### **Hygiene measures to be used when caring for a dog**

#### **These include:**

- Washing hands after handling the dog, preferably with an antibacterial soap/ alcohol based hand preparation, and advising others who have contact with the dog to do the same
- Preventing and discouraging dogs from licking hands and faces
- Avoid where possible eating, drinking or smoking during the handling of the dog
- Although not always possible, it is recommended that disposable gloves are worn when handling faecal matter or other bodily fluids
- Proper clearing and disposal of faecal matter and body fluid. You must always 'pick up' after a dog goes to the toilet. Faecal matter should be bagged, the bag tied and placed in a suitable waste receptacle. When out in public you should only place the waste bag into a dog waste bin. If the waste bag is to be put into your general waste receptacle, Guide Dogs recommend that you 'Double Bag' the waste
- Any instruments that you use to clean away faecal matter must be cleaned after use, preferably with an appropriate disinfectant.

### **Procedures for treating exposure to mucus/saliva/blood/faecal matter**

- Splashes in mouth - wash out mouth with running water – do not swallow
- Splashes in eye - irrigate with a saline solution
- On hands – wash hands with antibacterial hand soap/alcohol based hand preparation
- Clothing or other material – wash on own in normal hot wash in washing machine or dispose of.