



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.