

# NEWHALL SCHOOL DISTRICT

## BLOODBORNE PATHOGENS & UNIVERSAL HEALTH PRECAUTIONS

Protect yourself from infectious diseases by taking these simple precautions!

**WASH** your hands with liquid soap – not bar soap – and running water:

- before preparing food, before and after eating;
- after using the restroom;
- before and after administering first aid;
- after contact with any body fluids (blood, saliva, vomitus, feces, urine, semen, menstrual flow, wound drainage, nasal discharge, etc.).

**WEAR** disposable gloves whenever you will be:

- touching any body fluids, particularly blood;
- examining the mouth or assisting with dental care;
- coming in physical contact with anyone who has open cuts, lesions, etc.

**USE** care when disposing of trash.

- Place refuse that contains blood/body fluids in a plastic bag and seal. Put bag in a lined trash can; tie liner and discard daily.
- If trash can is unlined or liner is not replaced daily, double bag refuse and discard daily.

**USE** disinfectants.

- Clean all areas soiled with blood and body fluids (table tops, toilets, sinks, desks, etc.) with a District supplied disinfectant.

### ⇒ **What is AIDS/HIV Infection?**

AIDS (Acquired Immune Deficiency Syndrome) is the advanced stage of HIV (Human Immunodeficiency Virus) infection. The virus attacks the body's immune system, leaving it open to life threatening infections and malignancies. The virus may also directly attack the central nervous system. Persons infected with HIV often have no apparent symptoms and usually appear to be in good health. HIV infection almost always leads to AIDS. There is no cure for AIDS. Transmission of HIV is through blood, semen, vaginal secretions, and breast milk.

### ⇒ **What is Hepatitis B (HBV)?**

Hepatitis B is an infection of the liver caused by a virus present in blood and other body fluids of infected persons. Less than 50% of the people who become infected show symptoms of illness. The symptoms – like those of Hepatitis A – include fatigue, mild fever, muscle/joint aches, nausea, vomiting, loss of appetite, and abdominal pain. In some patients, the urine turns dark and the skin becomes yellow. Symptoms may begin to appear up to six months after exposure to the virus. Death is not common in HBV infection, but 5-10% of those infected become long-term carriers. Up to 25% of the carriers may develop serious chronic liver disease. Blood, saliva, semen, vaginal secretions, and breast milk are the only body fluids which have been found to transmit HBV.

⇒ **What is Hepatitis C (HCV)?**

Hepatitis C is also an infection of the liver caused by a virus. Transmission is primarily bloodborne and can also be transmitted sexually. Only 25-30% of those infected with the virus show symptoms (jaundice, fatigue, abdominal pain, nausea, vomiting) but 70% develop chronic liver disease.

⇒ **How Do They Spread?**

HIV, HBV & HCV can be spread in the following ways:

- any sexual activity involving direct contact with semen, blood or vaginal secretions of an infected person;
- sharing intravenous (IV) needles and/or syringes with someone who is infected;
- penetrating the skin with unsterile objects, such as those used for tattooing, ear piercing, etc.;
- direct contact of infected blood with cuts, broken skin or mucous membranes of the eye or mouth;
- receiving blood transfusions or blood products from someone who is infected;
- being born to an infected mother.

A person infected with HIV, HBV or HCV can transmit the infection even though they may not appear ill.

⇒ **In the Classroom?**

The way you are most likely to be exposed to AIDS/HIV, HBV & HCV in the school setting is when your broken skin comes directly in contact with the blood of an infected person. The risk of transmitting these infections in a classroom setting can be almost eliminated by good environmental and personal hygiene.

⇒ **How can HIV, HBV & HCV be prevented?**

There is no vaccine to prevent AIDS/HIV or HCV. There is a safe and effective vaccine to combat Hepatitis B.

⇒ **Hepatitis B Vaccine**

The vaccine used is yeast based, not human derived, so it does not put the recipient at risk of exposure to HBV. The vaccine series consists of 3 shots given within a 6-12 month period. No significant side effects to the vaccine have been noted up to this point.

⇒ **The most common infectious diseases found in schools are:**

- common cold
- flu
- impetigo
- pink eye
- strep throat
- chicken pox

⇒ **You will be less likely to come in contact with:**

- Hepatitis B
- Hepatitis C
- HIV (the AIDS virus)
- Sexually Transmitted Diseases

⇒ **Universal Precautions can protect you:**

Taking universal precautions will result in fewer illnesses, in general, for you and the people around you.

⇒ **The most important work practice control:**

Good hand washing keeps you from transferring contamination from your hands to other parts of your body or other surfaces you may contact later.

You should wash your hands with non-abrasive soap and running water:

- Every time you remove your gloves or other personal protective equipment (PPE).
- If skin or mucous membranes comes in direct contact with blood or other body fluids, wash or flush the area with water as soon as possible.

Where hand washing facilities are not available, such as a school bus, use an antiseptic towelette. Use these as temporary measures only. You must still wash your hands with soap and running water as soon as you can.

### **Medical Confidentiality**

It is important that confidentiality of all medical information concerning students and co-workers be maintained, especially for those who have AIDS/HIV infection. Sharing information about someone who has AIDS/HIV infection is prohibited by law and punishable by fine in California.

⇒ **Exposure Control Plan**

#### **\* Key Elements \***

A copy of the plan must be available for anyone to see. Employees may receive their own personal copy by submitting a written request to the District Safety Coordinator.

Universal Precautions are to be followed when handling a body fluid spill. The district will provide personal protective equipment (gloves, safety glasses, goggles, aprons, barrier masks).

An Exposure Incident\* Report is to be completed in the case of exposure to blood or other potentially infectious material. The Principal, District Nurse and District Safety Coordinator are to be notified immediately. Unvaccinated first aid providers will be offered the full Hepatitis B vaccination series within 24 hours.

Training will be provided to all employees regarding all aspects of the Universal Health Precautions and Bloodborne Pathogens Exposure Control Plan.

\*OSHA defines an exposure incident as *a specific eye, mouth or mucous membrane, non-intact skin, parenteral contact with potentially infectious material that results from the performance of an employee's duties.*