

## **UNIVERSAL PRECAUTIONS AGAINST BLOODBORNE DISEASES**

Employees working in a school system are potentially exposed to human blood or other body fluids containing human blood that may be contaminated with potentially infectious materials. Without the appropriate precautions taken, these potentially infectious materials may be transferred from one employee and/or student to another.

China Spring's School Nurses are available to assist with any questions you may have regarding employee training for Universal Precautions Against Blood-borne Diseases.

House Bill #2085, which was passed by the 1999 Texas Legislation, required Texas public school districts to implement blood borne pathogen exposure control plans. The legislation was designed to provide protection to government employees from occupational exposure to blood borne pathogens, just as OSHA protects employees in the private sector. Annual training is a requirement. Every employee of the district must know and follow this plan.

### **Universal Precautions Procedures** **For Protection Against Blood Borne Diseases**

A blood borne pathogen is any microscopic organism that causes illness. Blood borne pathogens travel from person to person when the blood from a sick person gets inside another person.

Two things must happen for you to become infected or sick from a blood borne pathogen.

First-- you must come in contact with the blood or other body fluid of a sick person.

Second-- that blood or other body fluid must enter your bloodstream. Infected blood can enter your bloodstream through any body opening, including your eyes, nose, mouth or an open sore.

Universal Precautions refers to a system of infectious disease control that assumes that every direct contact with body fluids is infectious and requires every employee exposed to be protected as though such body fluids were infected with blood-borne diseases.

The following are specific steps that must be taken to protect against contamination from infected blood or body fluids of another person, or from injury by a contaminated sharp object:

- Wash hands frequently to reduce the risk of exposure to blood borne diseases.
- Wear gloves if there is even a possibility you might have contact with another person's body fluids.
- After the removal of gloves or after exposure to blood or other potentially infectious materials, wash hands with antibacterial soap.
- Wear gloves once and discard; Do not attempt to wash and reuse.
- Clothing or supplies contaminated with body fluids should be placed in doubled plastic bags and tied.

- Used needles or Sharps instruments must be discarded in a Biohazard Infectious Waste Sharps Container. There is one in every school nurses office. (Example: A diabetic student would use a Sharp instrument to prick their finger for a blood sugar test.)
- Red trash bags indicate a possibility of body fluids or infectious material.
- The hepatitis B vaccine is offered free to identified employees at no cost to the employee.

(Please see your Blood Borne Pathogen Exposure Control Plan for those identified)

### **Universal Precautions Procedures For Protection Against Blood Borne Diseases**

**The following are the potential sources for occupational exposure in the school setting:**

Blood, vomit, urine, feces (bowel movement), saliva (spit, secretions from the mouth or lungs), needles, syringes or other sharp instruments.

You are at greatest risk from blood. Blood and blood-derived body fluids contain the highest quantities of virus and present the greatest risk for infection. Other body fluids, such as saliva and semen contain a smaller concentration of the virus and pose some risk for infection. Urine and feces contain only small quantities of virus unless blood is visible.

Note: Soiled feminine hygiene/sanitary napkins, soiled facial tissues, bandages, etc. are not considered a biohazard or medical waste; however, in handling these materials employees should wear gloves and wash hands with antibacterial soap after contact.

Casual Contact:

Casual contact is not a risk. Casual contact includes activities such as:

- A hug or handshake,
- Using a telephone or drinking from a water fountain,
- Using a toilet,
- Sitting next to someone, or
- Wiping someone's tears or having someone's sweat touch you.

#### Hand Washing Procedures

Frequent hand washing reduces the risk of spread of diseases. The following are recommended procedures for hand washing:

When:

- Before assisting a student or employee with a medical procedure,
- After physical contact with blood or body fluids,

- After contact with soiled equipment, and
- After removing gloves.

How:

- Wet hands with running water,
- Dispense cleanser on hands,
- Wash hands, fingers and wrists vigorously for 15 seconds,
- Rinse under running water,
- Turn the water off with a paper towel,
- Dry thoroughly with a clean paper towel.

When no water is available:

- Use wet wipes or waterless cleanser. Wash hands with soap and water as soon as possible.

## **Universal Precautions Procedures For Protection Against Blood Borne Diseases**

### **Barriers To Prevent Infection**

Barriers are your defense between your body and the body fluids from someone else. Barriers will help prevent the following infectious diseases:

- HIV (responsible for AIDS virus),
- Hepatitis A & B,
- Staphylococcus (Staph), and
- Streptococcus (Strep).

Barriers available for your use:

Gloves should be available in every school/work location; including school buses. If gloves are not available, use a plastic bag, gauze, newspaper, or paper towel.

Use gloves to change a diaper, change clothes soiled with body fluids, feed a student, clean mats, or clean equipment soiled with body fluids.

Micro Shield disposable masks should be used in Cardiopulmonary Resuscitation (CPR). If a mask is not available, a piece of gauze can be used to cover the mouth.

### **Hepatitis-B Virus (HBV) Vaccinations**

Health Professionals and those required to provide first aid or emergency response duties or medical care on a routine basis are recommended for Hepatitis-B Virus (HBV) immunizations. The following have been identified by their job as at risk for exposure to blood borne pathogens. China Spring ISD offers the HBV vaccine at no cost to those who work in the jobs listed below. If you do not want the HBV vaccine, you must sign a waiver to decline the vaccine.

School nurses

Custodians who clean and dispose of body wastes from classrooms, first aid rooms, or other areas contaminated by blood or other potentially infectious body fluids

Campus police who deal with emergencies and behavior  
Athletic trainers who provide assistance to students with bleeding or other potentially infectious body fluids  
Teachers and Aides who work for handicapped, health impaired, or emotionally disturbed special education children.

**Post Exposure Treatment and Notification Procedures In cases of exposure to blood borne pathogens:**

**Act quickly. Stay calm. Don't panic.**

Remember, your risk for infection from contact with blood borne pathogens is small. On the other hand, you must treat every exposure to blood or other potentially infectious materials as an opportunity for infection.

Wash exposed skin and flush mucous membranes.

Use plenty of warm water. Avoid hot water. Avoid cold water

Use antibacterial soap.

Lather well and spread the lather.

Scrub for at least 15 seconds.

Pay particular attention to fingernails and area between fingers.

Rinse thoroughly with plenty of warm water.

Dry completely.

Use a clean disposable towel to turn off the faucet.

**Reporting:**

Should an employee experience an "occupational exposure", the affected employee must report the exposure to their immediate supervisor and the Nurse on their campus in accordance with normal procedures for reporting on the job injuries. An "occupational exposure" is defined as blood or body fluid contact from an injured or ill employee/student to the affected employee, or injury by a contaminated sharp object. This may include contact via broken skin, human bites, needle sticks, etc. Upon documentation of an "occupational exposure", China Spring ISD will provide for the affected employee to undergo testing for blood borne disease(s) in accordance with recommendations provided by the physician or the Texas Department of Health. Depending on the nature of the exposure, the employee, supervisor and/or Linda Mitchell will complete the appropriate forms and give information from the list below:

1. Written statement of employee exposure
2. Brief explanation of how exposure incident happened
3. Employee consent form to grant permission to release and exchange information with the employee's medical provider. Information will be confidential.
4. China Spring ISD will retain a release of information form from the source individual or parent, if the source individual is a child.

See your medical provider:

China Spring ISD will work with your medical provider to get all required information. Additionally, China Spring ISD will send the source person to his or her primary care physician. The physicians will share information, all information is confidential. The two cooperating physicians will provide a final report to CSISD.

Long-term follow-up:

China Spring ISD will retain an accurate record for each employee who has been exposed to blood or other potential infectious materials for at least 30 years.

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#### **Clean Up and Disposal of Waste:**

Spills of blood and body fluids must be handled using Universal Precautions Procedures. The spill must be cleaned up immediately.

The Center for Disease Control (CDC) method is:

- Wear protective gloves.
- Mop up spill with paper towels or other absorbent material.
- Clean contaminated area using a school system approved disinfectant.
- Dispose of all gloves, towels, dressings( table paper and other waste in sealed doubled plastic bags.
- Sharp objects such as needles and syringes must be placed in a Biohazard Infectious Waste Sharps Container.

#### **Special Care of Laundry:**

In a Special Education Classroom

If clothing, sheets, or towels become contaminated with blood or body fluids, handle as little as possible. Machine-wash the infected items in hot water and detergent for at least 25 minutes. If a washing machine is not available, place the items in double plastic bags and tie tops of the bags.

In a Regular Education Classroom

For all clothing that has been soiled with vomit, blood, or feces: Place in double plastic bags and tie top of bag. Send bag home with student.

Employees are expected to discuss safety training or equipment needs with their immediate supervisor.