

## Universal Precautions Procedures For Protection Against Blood Borne Diseases

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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 the school nurses office.*

*Assume all blood or body fluids are contaminated and potentially harmful to your health.*

# Blood Borne Diseases

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**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.

**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 vigorously for 15 seconds,**
  - **Rinse under running water, and**
  - **Dry thoroughly.**

### **When no water is available:**

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

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## **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**

**Hepatitis B immunizations are available to all employees and can be scheduled through the school nurse. Contact nurse if you are interested. If not interested please sign the declination statement at the back of this packet.**

### **Post Exposure Treatment and Notification Procedures**

Should an employee experience an "occupational exposure", the affected employee must report the exposure to the school nurse. 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.

# Blood Borne Diseases

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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.
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- Sharp objects such as needles and syringes must be placed in a Biohazard Infectious Waste Sharps Container. Once the container is full, it must be sealed.

### **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. Contact the custodian for assistance.

#### 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 the immediate supervisor.

# Employee Statement of Acknowledgement Concerning Universal Precautions Procedures

## For Protection Against Blood Borne Diseases

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- Clothing or supplies contaminated with body fluids should be placed in double plastic bags and tied.
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*Assume all blood or body fluids are contaminated and potentially harmful to your health.*

I have read and agree to abide by the Universal Precautions Procedures as outlined above. I understand that if I have any questions or concerns I may contact my immediate supervisor, or the School Nurse.

\_\_\_\_\_  
Signature of Employee

\_\_\_\_\_  
Date

I would like to get more information about receiving the Hepatitis B vaccine (3 vaccine series). Check one: Yes \_\_\_ No \_\_\_

I decline the Hepatitis B vaccine.(Please sign here) \_\_\_\_\_