



JAC-CEN-DEL COMMUNITY SCHOOLS
BLOODBORNE PATHOGENS UNIVERSAL PRECAUTIONS
A BACK TO SCHOOL TRADITION

UNIVERSAL PRECAUTIONS AGAINST BLOODBORNE PATHOGENS

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 material. Without the appropriate precautions taken., these potentially infectious materials may be transferred from one employee and/or student to another. The JCD school nurse is available to answer any questions you may have regarding employee training for Universal Precautions Against Bloodborne Diseases.

PROTECTING YOURSELF AND THE STUDENT WHEN AN INJURY OCCURS

Accidents and injuries involving blood and body fluids occur every day in our nation's schools. Lacerations, abrasions, and bloody noses are common occurrences in the classroom and on the playground and playing field. Developmentally delayed children may exhibit such behaviors as biting, scratching, kissing, drooling, etc. which may facilitate transmission of potentially infectious diseases. We do not know who may have an infectious disease therefore we treat everyone as if they may have a potentially infectious disease when caring for them or their injuries. This is called UNIVERSAL PRECAUTIONS because we do not know who is infectious and could spread their disease to us. In 1991 OSHA issued regulations regarding occupational exposure to bloodborne pathogens. The standard requires that we teach school personnel about UNIVERSAL PRECAUTIONS AND BLOODBORNE PATHOGENS AND HOW TO PROTECT OURSELVES FROM EXPOSURE.

BLOODBORNE PATHOGENS

BLOODBORNE PATHOGENS are viruses and bacteria that enter the bloodstream through non intact skin and mucous membranes. The ones that we are most concerned about are HIV, HEPATITIS B, AND HEPATITIS C. There are others also and that is why it is so important to protect yourself from exposure. This means that you must always wear gloves when touching blood or body fluids and wear protective eyewear when there is risk of exposure through a splash of body fluids in the eyes. Always WASH YOUR HANDS.

HIV, is a virus that is spread through blood or body fluids that could develop into AIDS. This is a very unstable virus and cannot live out of the body very long. There is no vaccine.

HEPATITIS B is a virus that is spread through contact with blood or body fluids and is a very stable virus. This means that it can survive in a drop of blood on a hard surface for up to a week. HEP B attacks the liver and can cause serious illness and even death. Some people can be carriers and have no symptoms at all but can then spread it to you. There is a vaccine for Hepatitis B.

Hepatitis C is a virus that attacks the liver and can cause serious liver damage and even death. There is no vaccine.

UNIVERSAL PRECAUTIONS MEANS IF IT IS WET AND IS NOT YOURS, DON'T TOUCH IT WITHOUT THE PROPER PROTECTIVE EQUIPMENT

When a student has a wound or abrasion always put gloves on before touching it. If no gloves are available have the student apply pressure to the wound using gauze, paper towels, etc, Always make sure the student has something to cover the wound before sending them to the office so they don't "drip" all the way down the hallway.

Note: Soiled feminine hygiene/sanitary napkins, soiled facial tissues, and tampons are not considered a bio hazardous waste, however in handling these materials employees should wear gloves and wash hands with soap and water after contact.

Casual contact is not a risk. Casual contact includes such activities as: a hug or a handshake, using a telephone or drinking from a water fountain, using a toilet, sitting next to someone, or wiping someone's tears or someone's sweat touches you.

HANDWASHING PROCEDURES

Frequent hand washing reduces the risk of the 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 to 20 seconds,
- Rinse under running with fingers pointing down
- Turn the water off with a paper towe,
- Dry thoroughly with a clean-paper towel

When no water is available:

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

BARRIERS TO PREVENT INFECTION

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

- HIV (responsible for the Aids Virus)
- Hepatitis
- Staphylococcus (Staph)
- Streptococcus (Strep)

BARRIERS AVAILABLE FOR YOUR USE:

- Gloves should be available in every 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 clothing soiled with body fluids, feed a student, clean mats, or clean equipment soiled with body fluids,
- Disposable gowns,
- Safety glares.
- Micro Shield disposable masks should be used in CPR or Cardiopulmonary Resuscitation. If a mask is not available, a piece of gauze can be used to cover the mouth.

If you feel that you need additional protective equipment please communicate this to your supervisor.

HEPATITIS B VIRUS VACCINATIONS

Hepatitis B Vaccines are offered to employees at no cost. If you have not been vaccinated please contact your school nurse to make arrangements for the vaccination.

POST EXPOSURE TREATMENT AND NOTIFICATION PROCEDURES IN CASES OF EXPOSURE TO BLOODBORNE PATHOGENS

- Act quickly
- Stay calm
- Don't panic

Remember, your risk for infection from contact with bloodborne 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.
- Lather well and spread the lather.
- Scrub for 15 -20 seconds.
- Pay particular attention to fingernails and area between fingers.
- Dry completely.
- Use a clean disposable to turn the faucet.

REPORTING

Should an employee experience an "occupational exposure," the affected employee must report the exposure immediately to their immediate supervisor and the school nurse in their building in accordance with normal reporting of 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, splashes of blood or body fluid into the eyes, etc. Upon documentation of an "occupational exposure", Jac-Cen-Del Community Schools will provide for the employee to undergo testing for blood borne diseases in accordance with recommendations provided by the physician or Indiana state Department of Health. Depending on the nature of the exposure, the employee, supervisor and/or school nurse will complete a Jac-Cen-Del Community Schools Workman's Compensation First Report of Injury Form. The School Nurse will make arrangements with the school physician for needed tests.

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 and tie the tops of the bags.

In a regular classroom setting:

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

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

1. Wash hands frequently to reduce the risk of exposure to blood borne diseases.
2. Wear gloves if there is even a possibility you may have contact with another person's body fluids.
3. After the removal of gloves or after exposure to blood or other potentially infectious materials, wash hands with soap and water.
4. Wear gloves once and discard.
5. Clothing or supplies contaminated with body fluids should be placed in a plastic bag and tied.
6. Used needles or Sharps instruments must be discarded in Biohazardous Infectious Waste Sharps Container. There is one in every school nurse's office. (Example: A diabetic student would use a sharp instrument to prick their finger for a blood sugar test.)
7. Red trash bags indicate a possibility of body fluids or an infectious material.
8. Students or staff with an injury can always be encouraged to care for the wound themselves with the supervision of the school nurse or other staff member by applying pressure, cleansing, and covering the wound themselves.

Anytime there is a break in the skin, whether it is the student or staff member, it needs to be covered with a Band-Aid or a bandage.

Call the office to have a custodian clean up any blood spills because these need to be cleaned with a special solution.

Additional first-aid supplies are kept in the nurse's office.

CLEANUP AND DISPOSAL OF BIOHAZARDOUS WASTE

Disposable toweling should be used to clean all environmental surfaces when blood is present. The surface should then be cleaned with tuberculocidal germicide registered with the Environmental Protection Agency (EPA) and used according to the label instructions or a 10% household bleach solution (1 part household bleach mixed with 9 parts water) mixed within 24 hours of use. These measures are effective for most surfaces. Surfaces should be allowed to dry sufficiently to prevent possible injuries due to slipping during subsequent activities.

NOTE: disposable towels are recommended for use in all cleanups. Gloves should be worn by individuals performing cleanup procedures. Towels, latex or protective gloves and other materials used in cleanup, as well as any disposable materials used to stop bleeding, should be placed in a plastic bag which can be tightly secured, MOST WASTE WILL NOT MEET THE REQUIREMENTS FOR REGULATED WASTE, THIS CAN BE DISPOSED OF IN THE REGULAR TRASH. IF THE FOLLOWING CONDITIONS ARE MET THE WASTE MUST BE DISPOSED OF IN ACCORDANCE WITH THE INDIANA INFECTIOUS WASTE RULE:

1. BLOOD CAN BE RELEASED FROM THE CONTAMINATED MATERIAL WHEN SQUEEZED.
2. CAKED OR DRIED BLOOD CAN BE RELEASED FROM THE CONTAMINATED MATERIAL WHEN HANDLED.

If the above conditions are met, the waste must be placed in a red biohazardous bag, You should then alert the custodian in your building to dispose of the biohazardous waste in the proper manner.

Indiana State Department of Health, 19891 Infectious Waste Rule. "410AC 1-3"

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 and other sharp instruments are all potential sources for occupational exposure. 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 unless blood is visible.

If you have any questions or concerns about Bloodborne Pathogens or Universal Precautions please contact your school nurse. Remember to always make certain that you have the proper personal protective equipment when dealing with blood or body fluids. If you feel that you need additional protective equipment please contact your supervisor or the school nurse.

BE SAFE AND HAVE A GREAT SCHOOL YEAR!