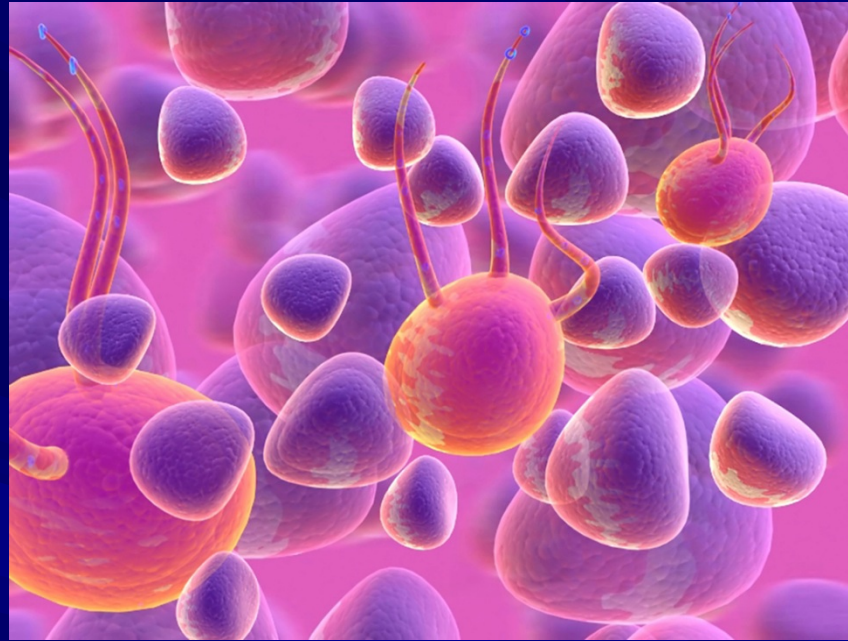


# Universal Precautions

In the School Setting

# What are Universal Precautions?

- Usual and ordinary steps all school staff need to take in order to reduce their risk of infection from:
  - Blood Borne Pathogens  
(Hepatitis B, Hepatitis C, HIV)
  - Infectious Organisms that cause illness



- Exposure occurs through contact with infected body fluids

# These Body Fluids Include:

- Blood
- Vomit
- Saliva
- Stool (feces)
- Urine
- Drainage from nose  
or sinuses
- Drainage from cuts,  
scrapes, wounds or  
sores
- Secretions from  
mucous membranes
- Sputum (mucus from  
lungs)
- Vaginal secretions
- Semen



## *Protect Yourself...*

- *Universally*, treat every child's body fluid as if it were infected.

- *Precaution* – Use foresight and plan ahead to avoid exposure

# Ways to Spread Bacteria

- ❑ 1. Droplet/Airborne (by coughing, sneezing, talking). Examples: cold, measles, chicken pox
- ❑ 2. Fecal-Oral (ingestion of agent, result of poor hand washing after toileting).  
Examples: Hepatitis A, Rotavirus
- ❑ 3. Direct contact (skin to skin, clothing, surfaces). Examples: pink eye, chicken pox
- ❑ 4. Blood/body secretions (blood to blood)  
Examples: HIV, Hepatitis B and C
- ❑ 5. Sexual Contact

# Blood-Borne Pathogens

## ❑ HIV – fragile virus

- can only live a few minutes outside the body after it dries
- easily destroyed by disinfectants

## ❑ Hep B and C – stable virus

- Can live outside the body (needles, tabletops) for an extended time after drying.

## ❑ \*All three diseases spread by direct exposure to blood and body fluids.

# Cannot Get HIV/AIDS

- Casual contact; holding/hugging
- Kissing on lips or cheek
- Sharing food, utensils, clothing, bed linens,
- Art equipment: play dough, water play
- From bathroom fixtures, drinking fountains
- Mosquitoes



# Hepatitis B and C

- ❑ Both infect the liver, but Hepatitis C is the more frequent cause of chronic liver disease.
- ❑ No cure exists for either virus
- ❑ There is an immunization series to prevent the occurrence of Hepatitis B.

# Universal Precaution Steps

- Gloves (Personal Protective Equipment)
- Decontamination
- Hand Washing
- Waste Disposal

# Step 1: Gloves...

*Always* wear gloves when ...

- Direct contact with body fluids is anticipated (nosebleeds, bleeding abrasions, etc.)
- Handling clothes soiled by urine, feces, vomit or blood
- Diapering children

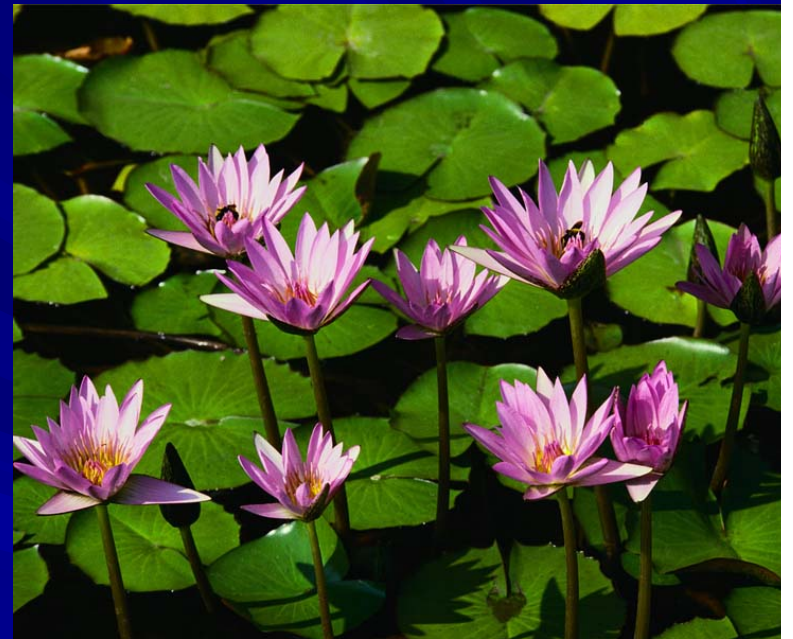


# Step 1 ...Gloves...

- One time use.
- If gloves not immediately available, use barrier such as paper towels.
- When removing, peel off hands and roll glove outside in.
- Discard gloves in lined trash container.
- Wash hands after removing gloves.

# Step 1: ...Gloves

- Gloves are provided for use by all school staff.
- Please ask Health Clerk at your school if you need more.
- Our gloves are “Synthetic” gloves which do not contain latex.



# Step 2: Decontamination

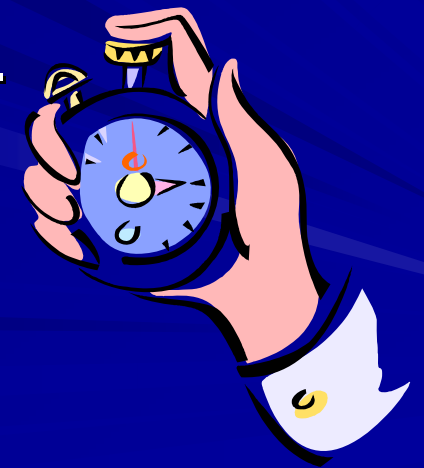
- Area must be cleaned with approved quaternary disinfectant (Vindicator or #6 Cleaner)—  
Clorox wipes and Lysol type products will kill many infectious organisms but will not kill blood borne pathogens.
- Contact custodian for clean-up of blood or body fluid “spills”.
- Discard gloves and any contaminated materials in a lined trash container, and double-bag for disposal.
- Wash Hands.



# Step 3: Hand washing



- The **MOST IMPORTANT STEP** in Preventing the spread of disease!
- Use liquid soap and warm water.
- Wash vigorously for 10 – 15 seconds.
- Rinse under warm running water.
- Turn off faucet with paper towel.





# Antiseptic Hand Cleaners

- Antiseptic hand cleaners are an effective alternative to hand washing if soap and water are not available (field trips).

- \* These products do not effectively break down food proteins, therefore cannot be used to protect against food allergies.



# Step 4: Waste Disposal

- ❑ Items contaminated with bloody body fluids should be double-bagged prior to disposal. Place in lined trash can.
- ❑ Place in second bag and tie again (double bag technique)
- ❑ Place all sharps in “sharps container”. 
- ❑ Wash hands after removing gloves. 

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# Accidental Exposure

- Alert your supervisor.
- Complete employee injury report.
- Follow-up with District's Worker's Comp medical provider for confidential evaluation.





**We all need to feel secure!**

- Thank you for your attention to safety!
- Call Belinda Strickland if you have any questions.

■ Thank-you!

Belinda Strickland, RN, MSN

SVVSD Nursing Coordinator

Office: 57830

Cell: 303-598-3109

# TEST

1. Hand washing with soap and water is the most effective way to reduce the spread of disease. T F
2. Antiseptic hand cleaners are effective alternatives to hand washing if water is not available (ex: field trips). T F
3. Gloves should be worn when a person may be exposed to body fluids. T F
4. Hepatitis A can be transmitted when an infected individual neglects to wash their hands after using the toilet. T F

- 5. Always report any potential exposure to body fluids to your supervisor. T F
- 6. Contaminated waste such as Kleenex from a bloody nose or bloody band-aids do not need to be double-bagged for disposal. T F
- 7. HIV/AIDS can be transmitted by hugging an infected individual. T F
  
- 8. There is a vaccine for:
  - a. Hepatitis B
  - b. Hepatitis C
  - c. HIV
  - d. AIDS

9. Which is true for Hepatitis C:

- a. There is no cure
- b. Hepatitis C can live outside the body on surfaces such as tabletops for some time after drying.
- c. Hepatitis C is a more frequent cause of chronic liver disease than Hepatitis B.
- d. All of the above

10. Which of the following are true of HIV:

- a. HIV is easily destroyed by disinfectants
- b. HIV is transmitted from person to person by blood to blood contact.
- c. It is fragile, and lives only a few minutes outside the body after it dries
- d. All the above

11. If Vindicator or #6 Cleaner is not available, wiping down surfaces with Clorox will adequately kill all infective organisms. T F

12. The best way to protect yourself from disease/infection transfer is to:

- treat **all** blood and body fluids as if they are contaminated,
- **wear gloves** whenever it is likely that your hands will come in contact with blood and body fluids
- **wash your hands** often with soap and water.

T F