

Universal Precautions Handout

Definition of Universal Precautions

Universal precautions refers to the usual and ordinary steps all school staff need to take in order to reduce their risk of infection from Blood Borne Pathogens (such as HIV and Hepatitis B) as well as many other infectious organisms that can cause illness.

They are universal because they refer to steps that need to be taken in all cases, not only when a known infection exists. They are precautions because they require foresight and planning to avoid exposure.

These body fluids include:

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|--|---|
| <input type="checkbox"/> Blood | <input type="checkbox"/> Drainage from wounds or sores |
| <input type="checkbox"/> Vomitus | <input type="checkbox"/> Secretions from mucous membranes |
| <input type="checkbox"/> Saliva | <input type="checkbox"/> Sputum (mucous from lungs) |
| <input type="checkbox"/> Stool (feces) | <input type="checkbox"/> Vaginal secretions |
| <input type="checkbox"/> Urine | <input type="checkbox"/> Semen |
| <input type="checkbox"/> Drainage from nose or sinuses | |

Universal Precautions Components:

1. Personal Protective Equipment -- GLOVES

- Gloves **MUST** be worn when:
 - Direct contact with body fluids is anticipated (nose bleeds, bleeding scrapes and abrasions, vomit)
 - Handling clothes soiled by urine, feces, vomitus, or blood
 - Diapering children
- Gloves are only used once.
- Gloves are kept in the classroom first aid kits and in the health room. Please notify the health assistant when you have used all your gloves.

2. After exposure / "Decontamination"

- Clean area with quaternary disinfectant – available through your custodian.
- Discard gloves and contaminated materials in a secured lined trash container.
- Remove gloves by peeling off hands rolling glove outside in.
- Wash hands.

Contact custodian for help with cleanup of large body fluid spills.

3. Hand Washing:

- Proper hand washing is absolutely the most effective means of reducing the spread of disease.
- Use liquid soap and warm water.
- Wash vigorously (palms, backs, between fingers, under fingernails) for 10 – 15 seconds!
- Turn off faucet with paper towel after drying hands thoroughly.

4. Waste Disposal

- Bag and tie; Place in second bag and tie again.
- Dispose of Band-Aids with obvious blood, vomitus, used gloves, diapers etc.

TRANSMISSION CONCERNS IN THE SCHOOL SETTING

BODY FLUID SOURCE	ORGANISM OF CONCERN	TRANSMISSION CONCERN
Blood <ul style="list-style-type: none"> ♦ Cuts / abrasions ♦ Nosebleeds ♦ Menses ♦ Contaminated needle 	Hepatitis B Virus AIDS Virus Cytomegalovirus Hepatitis C	Blood stream inoculation through cuts and abrasions on hands. Direct blood stream inoculations. Oral inoculation from contaminated hands.
Feces* <ul style="list-style-type: none"> ♦ Incontinence 	Salmonella Bacteria Shigella Bacteria Rotavirus Hepatitis A Virus E. Coli	Oral inoculation from contaminated hands.
Urine* <ul style="list-style-type: none"> ♦ Incontinence 	Cytomegalovirus	Bloodstream and Oral inoculation from contaminated hands.
Skin <ul style="list-style-type: none"> ♦ Drainage from boil or infected pimple 	Methicillin Resistant Staph Aureus (MRSA)	Close skin to skin contact Inoculation from contaminated hands.
Respiratory Secretions* <ul style="list-style-type: none"> ♦ Saliva ♦ Nasal discharge 	Mononucleosis Virus Common Cold Virus Influenza Virus MRSA (Nasal discharge)	Bloodstream and Oral inoculation from contaminated hands.
Vomit*	Gastrointestinal Viruses, e.g. Norwalk Agent Rotavirus	Oral inoculation from contaminated hands.
Semen	Hepatitis B AIDS Virus Gonorrhea Hepatitis C	Sexual contact (intercourse) Oral inoculation from contaminated hands.

*The transmission of the Blood Borne Pathogens (HIV virus, Hepatitis B and Hepatitis C) are of little concern from these sources unless blood is also present.

Blood Borne Pathogens

Hepatitis B – Stable Virus

- Can live 7 days or more in dried state

Hepatitis C – Stable Virus

HIV / AIDS – Fragile Virus

- Can live only seconds outside the body

Immunization available

No immunization available

No immunization available