

Universal Precaution Procedures

Handwashing

Handwashing is one of the most significant practices for preventing the spread of infectious diseases.

Wash your hands frequently every day.



Wash your hands

- When you arrive to work
- Before eating and drinking
- Before and after food handling
- Before and after handling equipment
- Before and after toileting
- After assistance with diapers, runny noses, or soiled clothing
- After any contact with any body fluids
- After contact with contaminated items or equipment
- Before applying cosmetics, or handling contact lenses
- After removing gloves
- Before going home

Handwashing Procedure

1. Remove jewelry
2. Wet hands under running water
3. Apply soap and lather well with friction. Pay attention to all hand surfaces including under and around nails, and between fingers.
4. Scrub well for 20-30 seconds
5. Rinse hands with tips of fingers pointed down towards sink without touching sink surface
6. Dry hands with clean disposable towel
7. Turn off faucet with dry towel
8. Discard towel in lined trash container

Instant Hand Sanitizer

As an appropriate alternative when running water and soap are not available. Remember to wash hands soon as soap and water facilities are available.

Personal Protective Equipment

Gloves provide a barrier to keep your hands from coming in contact with body fluids or other contaminated and soiled surfaces.

Wear Gloves

- When administering first aid
- Whenever body fluids are present
- When cleaning up
- When handling soiled items
- While handling food items for the consumption of others



Glove removal and disposal

Peel gloves off so that your hands **do not come in contact** with the contaminated outer surface of the glove.

1. To remove the first glove: grasp the **outside** of the glove near the wrist and pull it inside out until removed.
2. With the ungloved hand: grasp the **inside** of the other glove near the wrist and pull off turning inside out.
3. Dispose of gloves in lined trash container.
4. Wash your hands

Other PPE

Some tasks require more than gloves to protect you from contamination with blood or other potentially contaminated substances. Additional items available are:

- Cover gowns
- Head covers
- Goggles
- Mask
- Shoe covers

Your supervisor or school health advisor can provide you with these additional items.

Environmental Cleanup - Blood and body fluid spills must be cleaned up immediately.

All spills must be cleaned with the appropriate disinfectant to ensure the pathogens have been destroyed. Some pathogens can survive on a dry surface for several days if not cleaned properly.

Custodial staff is equipped with the proper cleaning solutions to adequately disinfect the area.

Disposal of Waste

All used or contaminated supplies (except sharp implements) should be disposed of in a lined trash container

A biohazard waste container is located in all school clinics for the disposal of regulated waste.

Disposal of bodily waste such as urine, vomit, or feces should be done through the utilization of toilets.

All Sharps must be discarded in sharps containers.



Contaminated Equipment

Notify your immediate supervisor if equipment cannot be completely decontaminated.

Label contaminated equipment so that others will take appropriate precautions when handling for service and decontamination.

Contaminated Laundry

Contaminated laundry should be placed in red biohazard bag for transport to an appropriate laundry facility.

See the exposure control plan for laundry facilities that utilize universal precautions.

Accidental Exposures

What constitutes an exposure?

- Contact with blood and other potentially infectious materials
- Sharps injuries

What should you do if you sustain an exposure?

Immediately wash the contaminated area.

If the contamination is on intact or broken skin wash the area thoroughly with soap and water

If the contamination is in the eyes, nose, or mouth rinse the area with copious amounts of water

If the contamination involves a needle stick wash the area thoroughly with soap and water

Report the incident

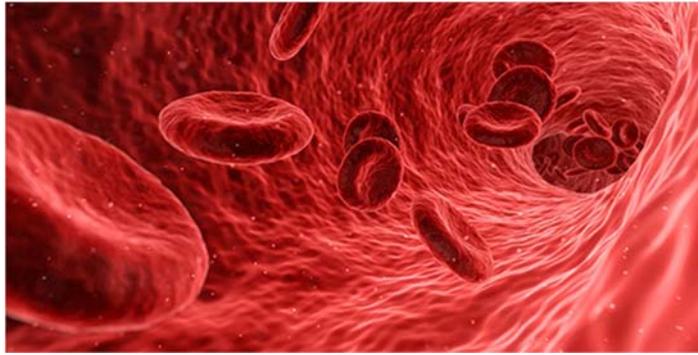
Employees who experience an exposure are to report the incident immediately to the school nurse. If the building is a non-school building, then report the incident to the immediate supervisor.

Chesapeake Public Schools will provide:

- A medical evaluation
- Treatment if deemed necessary
- Follow up care if needed

The report is kept confidential and the medical care is at no cost to the employee.

Important: You must report all exposure incidents within 24 hours



Blood borne Pathogen Standard

The Occupational Safety and Health Administration (OSHA) Blood borne Pathogens Standard is a comprehensive rule designed to prevent the transmission of blood borne diseases in the workplace.

Exposure Control Plan

Chesapeake Public Schools has established an Exposure Control Plan to minimize and help prevent the exposure of our employees to diseases transmitted through blood and other potentially infectious materials. This plan is available in the office of the building principal, school clinic, and department directors.

Annual training for employees on the hazards and procedures for protection regarding blood borne pathogens is mandatory.

Blood borne Pathogens:

Human Immunodeficiency Virus

HIV attacks the immune system leaving the body vulnerable to disease. The weakening of the immune system can lead to AIDS, which leaves the body defenseless against infections that a normal immune system would easily fight. There is no vaccine for HIV or AIDS and there is no cure.

Hepatitis B Virus

HBV is a blood borne pathogen that causes infection of the liver. Symptoms may include fatigue, fever, loss of appetite, nausea, vomiting, abdominal pain, and jaundice. Some people may not exhibit any symptoms. HBV can lead to cirrhosis (scarring) of the liver, liver cancer, and death. There is a vaccine available for HBV but no cure.

Hepatitis C Virus

A Person with HCV can live with the disease for many years before symptoms develop. Most people with HCV will develop chronic liver disease, the need for a liver transplant, or death. There is no vaccine for HCV and there is no cure.

Hepatitis B Vaccine

Hepatitis B is the only blood borne pathogen for which we have an immunization. This immunization is a 3-shot series.

Chesapeake Public Schools offers the hepatitis B vaccine series to employees categorized as at risk for occupational exposure to blood or body fluids.

For more information regarding at risk job classifications contact your supervisor or school nurse.

Universal Precautions

Universal precautions are infection control guidelines designed to protect workers from exposure to diseases spread by blood and certain body fluids.

The U.S. Centers for Disease Control has developed a strategy of “universal precautions” to prevent contact with blood and body fluids. Adults and children can carry a blood borne pathogen but be symptom free so it is usually not obvious that they have the disease. Universal precautions stress that all people should be assumed to be infectious for blood borne diseases and appropriate precautions taken to protect yourself from exposure.

The blood and body fluids of all persons are considered potentially infectious. In the school setting, a person is most likely to be exposed to a blood borne pathogen when broken skin comes in direct contact with the blood of an infected person, or from a splash in the mucous membranes of the eyes, nose, or mouth.

These precautions do not apply to saliva, sputum, feces, tears, nasal secretions, or vomit unless blood is present. In some instances, it is difficult to tell if blood is present so it is always best to avoid contact with all body fluids from other individuals.

Infection Control

Infection control can significantly reduce the spread of pathogens that cause disease.

Diligent handwashing, the use of barriers, appropriate waste disposal, and decontamination of spills are essential in infection control.