



## **EBBA-R - PREVENTION OF DISEASE/INFECTION TRANSMISSION**

### (HANDLING BODY FLUIDS AND SUBSTANCES)

All blood and other body fluids should be considered as potentially infectious because of their ability to cause disease in humans. No distinction may be made between blood and other body fluids from individuals with a known disease or infection and from those individuals who are asymptomatic undiagnosed individuals, and/or known to be free of pathogens.

Blood is the single most important source of infection. Other body fluids that may cause disease include, but are not limited to, the following:

- Semen
- Vaginal fluids
- Feces
- Drainage from cuts or scrapes
- Urine
- Vomit
- Respiratory secretions, including nasal discharges
- Saliva
- Any body fluid that is visibly contaminated with blood

In situations where it is impossible to differentiate between body fluids, anything should be considered as potentially infectious. Addendum I provides specific communicable disease and their modes of transmission.

Taking universal precautions means that staff assume that all body fluids are infectious and use the appropriate personal protective equipment. Universal precautions should be followed in all situations where contact with blood or body fluids may or will occur. When responding to an incident or emergency, staff need to make every effort to protect themselves first. There may be one exception. An employee may choose to temporarily and briefly, under rare and extraordinary circumstances, forego the use of personal protective equipment. Good judgment must be used in doing so and with knowledge that this would pose an increased threat to one's safety.

## PERSONAL PROTECTIVE EQUIPMENT

Gloves are recommended when direct contact with blood and/or other body fluids is anticipated.

- A. Gloves should be kept in emergency response kits and be readily accessible at sites where student seek assistance for conditions or injuries.
- B. Gloves should be worn while treating bloody noses or dealing with bleeding cuts.
- C. If possible, students should be taught to cover and apply pressure to nose bleeds and to wash their cuts and abrasions under adult supervisions. After cuts are washed with soap and water, they should be completely covered with bandages.
- D. Gloves should be worn while changing diapers of other articles of clothing which become soiled with feces or urine.
- E. Gloves should be worn during contact with contaminated laundry.
- F. Gloves should be worn during disinfecting and clean up on contaminated surfaces or broken objects.
- G. Cuts, sores, or non-intact skin, i.e., chapped hands, fingers, torn cuticles, etc., should be routinely covered with gloves or finger cots to prevent the transmission of infections.

Pocket face masks should be used for mouth-to-mouth resuscitation and kept.

## HAND WASHING

Hand washing is the single most important technique for preventing the spread of infectious disease. Hand washing should occur often. There is no substitute for it. Proper hand washing requires the use of soap and water and vigorous washing under a stream of running water for approximately 15 to 30 seconds using a circular motion and friction. The front and back surfaces of the hands, between the fingers and knuckles, around fingernails, under the nail beds, and entire wrists should be included.

Hand washing should occur:

- Before and after eating, drinking, or smoking
- Before and after use of the bathroom
- Before beginning care and in between delivery of care/first aid
- Before and after assisting with feeding or the preparation of food

- Before handling clean equipment or utensils
- After handling soiled garments or diapers or assisting with toileting or diapering
- After contact with body secretions
- After removal of disposable gloves
- When in doubt!

## DISINFECTION

Two of the most common bloodborne pathogens hazards are the hepatitis B virus (HBV) and human deficiency virus (HIV). HBV is a highly stable virus. Unlike HIV, HBV can remain stable on environmental surfaces for up to seven days.

Bloodborne pathogens can also be transmitted on objects that have become contaminated with blood of other body fluids, such as broken glass.

## WORK SURFACES

Contaminated surfaces and non-disposable items should be washed with a standard disinfectant. Use an aerosol germicide cleaner.

Contaminated clothing should be removed and placed in a plastic-lined, covered container. Contaminated clothing and linen must be washed in hot water and detergent.

Contaminated tissues, paper towels, and other disposable items should be placed in plastic bags before discarded in a safe and practical manner.

Caution must be taken to avoid direct contact with items such as broken glass or tools which may be contaminated with blood. Broken glass should never be picked up but rather swept into a pan with a broom then disposed of in a safe manner. Gloves should be worn during this process.

Use individual judgment in determining when barriers are needed for unpredictable situations. It is strongly recommended that barriers be used when contact with body fluids or substances is anticipated.

Although HIV/AIDS has received a great deal of attention, there are other diseases more communicable than HIV/AIDS of which staff members also should be aware. The following page includes a table listing communicable disease and body substances sources of infection.

1. It is extremely difficult to be infected with HIV/AIDS.  
  
Exposure of blood to intact skin is a highly unlikely way of being infected with HIV/AIDS.
2. HIV/AIDS is transmitted by getting blood, semen, or vaginal secretions into the bloodstream of a noninfected person.
3. Other body substances (saliva, tears, urine, or feces) have extremely small, if any, levels of virus.
4. There have been no documented cases of HIV/AIDS transmitted by mouth-to-mouth resuscitation.
5. HIV is easily destroyed by common disinfectants.

#### ADDENDUM I

#### TRANSMISSION CONCERNS--BODY SUBSTANCE SOURCES OF INFECTIOUS AGENTS

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BODY SUBSTANCE SOURCE: Blood

- Cuts/abrasions
- Nose bleeds
- Menses
- Contaminated needle

ORGANISM OF CONCERN: Hepatitis B virus

Hepatitis C virus

HIV/AIDS

Cytomegalovirus



BODY SUBSTANCE SOURCE: \* Urine

- Incontinence

ORGANISM OF CONCERN: \*\*\* Cytomegalovirus

TRANSMISSION: Bloodstream inoculation through cuts and abrasions on hands

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BODY SUBSTANCE SOURCE: Semen/vaginal fluids

ORGANISM OF CONCERN: Hepatitis B virus

Hepatitis C virus

HIV/AIDS

Gonococcus bacteria

TRANSMISSION: Sexual contact (intercourse)

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\*There are no reported cases of HIV/AIDS suspected of having been transmitted by these sources. Wear gloves when exposed to body secretions, ESPECIALLY blood, urine, or feces.

\*\*HAND WASHING IS VERY IMPORTANT!

\*\*\*These agents cause mononucleosis-like illness.

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