

# NORTHERN LINCOLN ELEMENTARY SCHOOL

## Yearly Bloodborne Pathogens

The Lincoln School Department policy states—"All employees are required to attend an in-service on prevention of exposure to bloodborne pathogens on a yearly basis." Each school Nurse's office is required by OSHA to keep record of each employee's attendance to this in-service.

Please refer to the following link to view the Universal Precautions training....  
<https://learn.aero.und.edu/Upload/1638/163874/Universal%20Precautions.swf>

The following link is for my website. Training information is located on the faculty section...  
<http://rhondasextonrnsnt.weebly.com/faculty-page.html>

**Please Note: ALL NEW 1<sup>st</sup> YEAR EMPLOYEES MUST VIEW BLOODBORNE PATHOGENS VIDEO**

**Please fill out the following information**

Name \_\_\_\_\_

Position \_\_\_\_\_

School \_\_\_\_\_

Instructor: Rhonda Sexton, RN

\*I have watched the Universal Precautions Training. I am aware of the precautions I must take to avoid direct contact with blood and body fluids.

\*In the event of exposure to bloodborne pathogens at work, I will immediately report to my building administrator and follow up on post evaluation according to School Department Policy.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**I have reviewed the Epi-Pen/Anaphylaxis Training video.**

Link <http://www.epipen.com/How-to-Use-EpiPen>

Date \_\_\_\_\_ SIGNATURE \_\_\_\_\_

**I have reviewed the Basic First Aid Training Power point.**

Date \_\_\_\_\_ SIGNATURE \_\_\_\_\_

Please print out and sign. **After signing, please return to nurse's office for filing.**

# Universal Precautions

## for School Staff

### Bloodborne Pathogens

Research shows that the risk of getting a significant contagious disease in a school setting is extremely small. However, school staff and contracted personnel in the school need to decrease the possibility of exposure to bloodborne pathogens including HIV, HBV, HCV.

“Universal precautions” means protecting oneself from exposure to blood or body fluids through the use of latex gloves\*\*, masks, or eye goggles; cleaning blood and body fluid spills with soap and bleach solution and water; and disinfecting and incinerating or decontaminating infected waste before disposing in a sanitary landfill.

1 North Dakota Administrative Rules, Sections 33-06-05.1-01, 33-06-05.1-02, 33-06-05.1-03

### Modes of Transmission

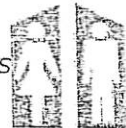
“The two common methods of spreading HIV are having sex with an infected individual and using contaminated needles to inject drugs.” (Surgeon General’s Report to the American Public on HIV Infection and AIDS)

North Dakota Department of Public Instruction  
Dr. Wayne G. Sanstead, State Superintendent

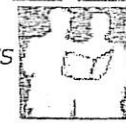
North Dakota Department of Health  
Terry Dwelle, M.D., State Health Officer

### None of These are Modes of Transmission of Bloodborne Pathogens

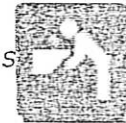
Sharing Restrooms



Working & Studying with Carriers



Drinking Fountains



Hugging



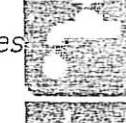
Eating with Carriers



Mosquitoes



Bathroom Fixtures



Eating Food Prepared by Carriers



Swimming Pools



Shaking Hands



Playing with Carriers



# Universal Precautions in the School Setting

Reduce risk of exposure to bloodborne pathogens by using universal precautions to prevent contact with blood and body fluids. \*

## Begin by attending to the injured person:



Whenever blood and body fluids are present, a barrier (latex rubber gloves\*\*, thick layer of paper towels, or cloth) should be used to minimize exposure of the attending person while the injury is cleansed and/or dressed.



Soiled clothes of the injured person must be bagged to be sent home.

Place waste in a plastic bag for disposal.

Remove gloves and dispose in plastic bag



Thoroughly wash hands with soap.

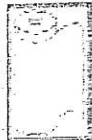
## Clean and disinfect environmental surfaces:



Whenever cleaning and disinfecting environmental surfaces in which blood and body fluids are present, a barrier (rubber utility gloves durable enough to withstand environmental cleaning and disinfecting, thick layer of paper towels, or cloth) should be placed between the blood and the attending person.



Disinfect the affected area(s) and cleaning tools with a commercial tuberculocidal disinfectant (mixed according to manufacturer's specifications) or bleach solution (approximately 1/4 cup common household bleach per gallon of tap water, mixed fresh daily). The affected surface being disinfected should remain wet for several minutes.



Use disposable paper towels or other disposable materials to remove blood and body fluids.



Secure all waste in a plastic bag for disposal.

## Clean up for attending person:



Remove gloves, dispose and secure in a plastic bag.



If running water and soap are not immediately available, a waterless antiseptic cleaner or moist towelette may be used until hands can be thoroughly washed (use of antiseptic cleaner or towelette is NOT a substitute for handwashing). **WASH HANDS AS SOON AS POSSIBLE.**



Immediately apply soap. Thoroughly wash hands with soap by rubbing hands together (avoid scrubbing hands). Pay particular attention to fingertips, nails and jewelry. Rinse with fingers pointing downward.

Centers for Disease Control and Prevention Guideline for Prevention of Transmission of Human Immunodeficiency Virus and Hepatitis B Virus to Health-care and Public Safety Workers. MMWR Vol. 38/No. S-6:1-37, 1989.

\* Body fluids that contain blood. \*\* Non-latex gloves should be available for any staff member who has a known latex allergy.

Notice of Non-Discrimination | North Dakota Department of Public Instruction | September 1, 2003

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Assistant Director, USDA Food Distribution Programs, Office of Child Nutrition

600 E Boulevard Avenue, Dept. 201

Bismarck, ND 58505-0440

Telephone No 1-701-328-2260

Supported by the Centers for Disease Control and Prevention: Cooperative Agreement U87/CCU822621-01

## BLOODBORNE PATHOGENS

The Occupational Safety and Health Administration has issued a standard that requires employers to protect their employees from exposure to bloodborne pathogens (disease-causing germs found in blood).

The two bloodborne pathogens that we are concerned with at this time are:

### HBV (Hepatitis B Virus)

This virus causes a disease called Hepatitis B. Symptoms could range from asymptomatic, to a flu-like syndrome to liver damage and possibly death.

### HIV (Human Immune Virus)

This virus causes the syndrome known as AIDS. Symptoms could range from being initially Asymptomatic, to a flu-like fatigue syndrome to AIDS and probable death.

### WORKPLACE TRANSMISSION

Bloodborne pathogens can be transmitted by direct entry into your body through open cuts, abrasions, acne or skin rashes.

Bloodborne pathogens can also be transmitted indirectly when you have touched a contaminated object and transferred the virus to your mouth, eyes, nose or open skin.

While HIV does not survive long on environmental surfaces, HBV can exist for at least seven (7) days.

Only designated personnel should directly intervene in situations where there is blood or body fluids.

In emergency situations, when it is imperative to intervene, care should be taken to place a barrier (kneenex, paper towel) between you and the blood or body fluid.

To prevent exposure to bloodborne pathogens, all personnel will practice universal precautions.

### UNIVERSAL PRECAUTIONS

- Consider every person, object and all blood and body fluids to be potentially infectious.
- In the event that you are exposed to bloodborne pathogens while at work, the incident should be reported to the appropriate administrator.
- An incident report must be completed, and you will be instructed to obtain follow-up care.
- If you feel you need further information, please contact the school nurse in your building.

## HEPATITIS B FACT SHEET

Hepatitis B is an infection of the liver caused by a virus.

The virus is in the blood and other body fluids

The virus can be found in the blood, semen, menstrual blood, and other body fluids of a person with Hepatitis B. The virus can be there for several weeks before symptoms start until several months after symptoms start. 5-10% of adults and up to 90% of babies who catch hepatitis B will go on to carry the virus in their blood and other body fluids for the rest of their lives-and can continue to pass the virus on to others.

Hepatitis B virus is spread by exposure to blood and body fluids

The virus can be spread during sex, by sharing dirty needles used to shoot drugs, by getting stuck with a dirty needle, or by getting blood or other infected body fluids onto a mucous membrane (mouth or eyes) or onto broken skin. The virus also can be passed from mother to baby, usually at the time of birth. The virus is not spread by casual contact such as shaking hands, hugging, sharing or drink. It takes 2-6 months from the time of exposure until a person gets sick.

Certain people are at higher risk of having Hepatitis B

Anyone can catch hepatitis B, but some people are more likely to catch it. This is because hepatitis B is more common among some groups of people. Some people at higher risk are:

Drug users who share needles

Men who have sex with other men

Anyone who has sex with a man or woman who has hepatitis B or who is a hepatitis B carrier

Anyone who has many sex partners

Babies born to mothers who have the virus

People who are on kidney dialysis or who are hemophiliacs

People born in Asia, the Caribbean, South America, Africa, the Pacific Islands, and American Indians and native Alaskans-and their children

Health care workers, dental care workers, emergency workers, laboratory workers, and others who have contact with blood and body fluids

People who live with a person who is a hepatitis B carrier

People who live or work in Institutions for the mental retarded

**SYMPTOMS TO LOOK FOR:**

Tiredness

Vomiting

Loss of appetite

Yellow skin and eyes (jaundice)

Fever

Urine dark in color, stool light in color

To tell if you have hepatitis B, you need to have a blood test. About half of people who catch hepatitis B never feel sick at all.

There is no special treatment for hepatitis B

People who are sick with hepatitis B need rest and fluids. Some people need to be hospitalized.

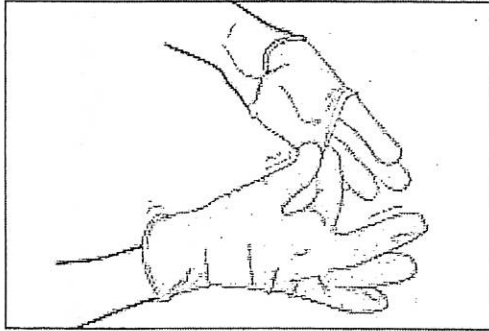
Prevent hepatitis B: avoid exposure, get vaccinated, and practice good hygiene

Those at risk should be very careful to avoid getting exposed. Using latex condoms may decrease the risk of catching or passing the virus through sex but sex partners of carriers should get vaccinated.

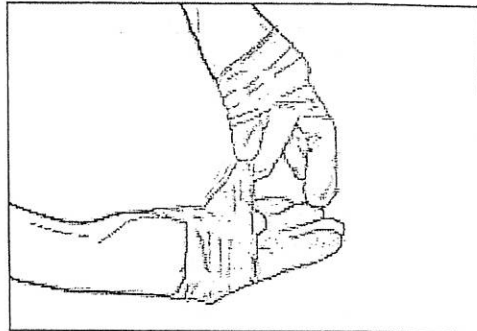
People who are at risk should get hepatitis B vaccine to protect them before they catch hepatitis B. After a person has gotten exposed, a shot of HBIG (hepatitis B Immune globulin) and of hepatitis B vaccine may be needed. These shots are needed for babies born to carriers. If you have been exposed, call your doctor or the local health department. A person with acute hepatitis B or a carrier of the virus should not share needles, razors, or toothbrushes, and should not donate blood. They should clean up anything that gets blood or body fluids on it with a mixture of one part chlorine bleach mixed with nine parts of water. People with the virus should tell their doctors, dentists, and their sexual partners.

# Removal of Gloves Technique

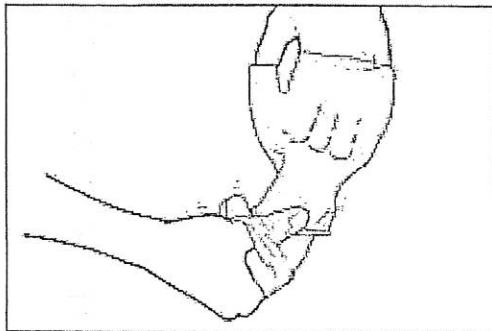
1. Use the following pictures as a guide to help you remove gloves safely
2. Avoid touching the outside of the gloves. Only touch the inside
3. Wash hands after removing and disposing of gloves in a sealable bag



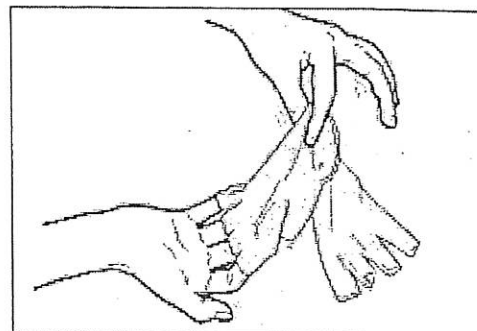
1. Grasp one glove at wrist and pull down to knuckles



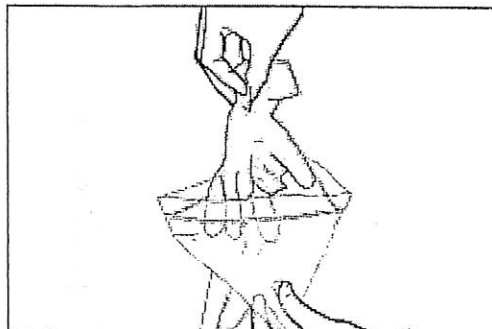
2. Grasp other glove at wrist and pull down to knuckles



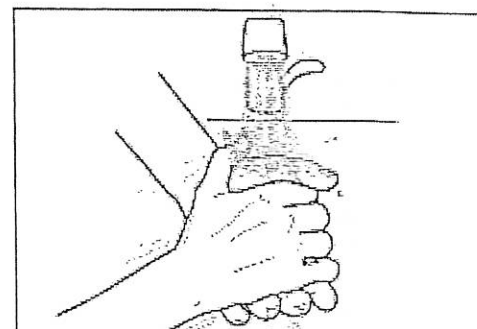
3. Grasp wrist end of one glove and pull it off completely



4. Remove other glove in a similar way, touching only the inside of gloves



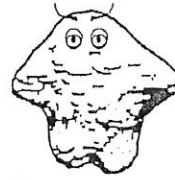
5. Dispose of gloves in a sealable plastic bag



6. Wash hands after removing and disposing of gloves

Photocopy, place in plastic sleeve (or laminate) and position on the wall in first aid areas.

# An Ounce of Prevention *Keeps the Germs Away*



Many infectious diseases can be prevented by following seven simple and inexpensive steps.



## WASH YOUR HANDS OFTEN

*Frequent hand washing is one of the best ways to prevent the spread of infectious diseases.*



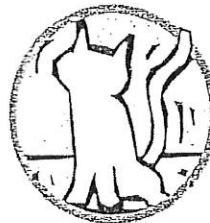
## USE ANTIBIOTICS APPROPRIATELY

*Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your health care provider.*



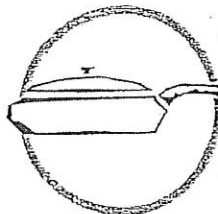
## ROUTINELY CLEAN AND DISINFECT SURFACES

*Cleaning with soap, water, and scrubbing removes dirt and most germs. However, disinfecting kills germs on surfaces, providing an extra margin of safety.*



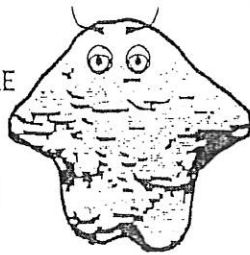
## KEEP PETS HEALTHY

*Pets should be adopted from an animal shelter or purchased from a reputable pet store or breeder. Pets should be routinely cared for by a veterinarian.*



## HANDLE AND PREPARE FOOD SAFELY

- Buy perishable foods at the end of your shopping trip.
- Store food properly.
- Use care when preparing meals and cook foods well.
- Cool and promptly store leftovers.



## AVOID CONTACT WITH WILD ANIMALS

*Wild animals can transmit deadly diseases to you and your pets. Keep your house free of wild animals by not leaving any food around and by eliminating possible nesting sites.*



Centers for Disease Control and Prevention  
National Center for Infectious Diseases  
Public Health Training Network  
In partnership with Reckitt & Colman Inc.,  
LYSOL® Products Group



## GET IMMUNIZED

*Getting immunizations is easy, inexpensive, and can save lives. Make sure you and your children get immunizations as recommended by your health care provider.*



For information about ordering brochures, posters, or videotapes call 1-800-995-9765









# HYPOGLYCEMIA

## (Low Blood Glucose)

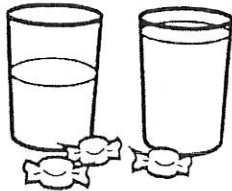
**Causes:** Too little food, too much insulin or diabetes medicine, or extra activity.

**Onset:** Sudden, may progress to insulin shock.

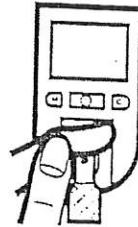
### SYMPTOMS

 <b>SWEATING</b>	 <b>DIZZINESS</b>	 <b>ANXIOUS</b>	 <b>HUNGER</b>
 <b>IMPAIRED VISION</b>	 <b>WEAKNESS FATIGUE</b>	 <b>HEADACHE</b>	 <b>IRRITABLE</b>

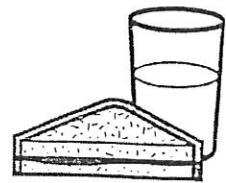
### WHAT CAN YOU DO?



Drink 1/2 glass of juice or regular soft drink, or 1 glass of milk, or eat some soft candies (not chocolate).



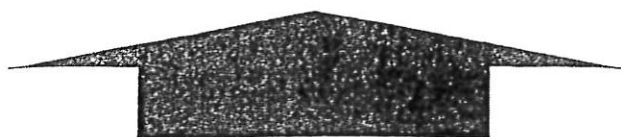
Within 30 minutes after treatment **TEST BLOOD GLUCOSE**. If symptoms don't stop, call your doctor



Then, eat a light snack (1/2 peanut butter or meat sandwich and 1/2 glass of milk).

**Treatment may vary with different medications.**

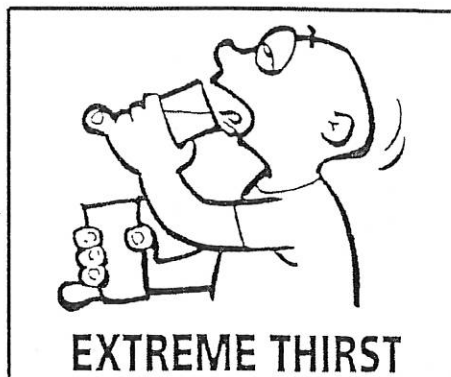




# HYPERGLYCEMIA (High Blood Glucose)

**Causes:** Too much food, too little insulin or diabetes medicine, illness or stress.

**Onset:** Gradual, may progress to diabetic coma.



## SYMPTOMS

