



Standard Precautions in the School Setting

Alabama State Department of Education
Prevention and Support Services
Alabama Health Services

Purpose of training

- To reduce the transmission of communicable disease and facilitate consistent use of STANDARD PRECAUTIONS
 - > Increase attendance, decrease the number of absences in schools.
 - > Decrease sick leave days taken by teachers, nurses and staff.

Content:

Employees responsibility:

Preventive exposure to infections agents

- Handwashing
- Protective barriers
- Cleaning contaminated surfaces
- Proper disposal of contaminated materials
- Immediately report an exposure incident

Standard Precautions: Blood Borne Pathogens

- Standard Precautions should be implemented to prevent exposure to blood borne pathogens such as Human Immunodeficiency Virus (HIV), Hepatitis B virus (HBV) and Hepatitis C virus (HCV).
- Along with other communicable pathogens which may cause illness:

The appearance of someone infected?

- Infected people may not look "sick"
- Infected people may not know they are infected
- Infected people may not disclose that they are infected (Confidentiality and Privacy)

CONSIDER THE BLOOD AND BODY FLUIDS OF EVERYONE TO BE POTENTIALLY INFECTIONS

- This approach is recommended because 30 to 80 percent of people with viral hepatitis and other infectious diseases have no symptoms and may be unaware they have a disease.
- This approach is helpful to everyone in every area of their life, to decrease their chances of infection
- When standard precautions are used in all aspects of daily life, it helps prevent the spread of infections within the community.

Prevention:

- Proper hand hygiene technique is the single most important procedure for helping to prevent the spread of infection
- Personal protective equipment (PPE), such as gloves, should be worn anytime the employee anticipates he/she may come in contact with blood or other body fluids.

Handwashing

- Wet hands with running water (warm or cold)
- Rub hands together producing friction, lather with soap. (Soap suspends easily removable soil and microorganisms.)
- Remember to scrub between fingers, knuckles, backs of hands, nails and around jewelry.
- Scrub your hands for at least 20 seconds (Hum the "Happy Birthday" song from beginning to end twice)
- Rinse hands well under clean running water, while holding finger down toward sink
- Dry hands using a disposable paper towel
- Use paper towel to turn off the faucet
- If in public area, after washing hands, we can use a paper towel to open the door and exit
- Throw paper towels and any other dirty items in the appropriate waste containers.

IS IT REALLY THAT SIMPLE? (An experiment using a black light may show surprising results!)

Prevent exposure to body fluids

- Wear gloves if you anticipate or potentially may contact blood and/or body fluids, including blood-containing tissue or injury discharges. Persons with an allergy to latex should not wear latex gloves. (Check with your school nurse, regarding other glove alternatives.)
- Pick up the spill using disposable towels and tools that can be disinfected. Be careful not to splash any of the contaminated materials. (If possible ask the person to hold the towel or item to collect the fluid, until you are able to put on gloves.)
- Utilize single-use disposable gloves and discard them into a hands-free, covered receptacle that is lined with a leak-proof plastic bag that can be securely tied or sealed when removed from the trash.
- Avoid handling the contaminated gloves. Wash your hands immediately, after removing contaminated gloves.

Consistently Wear gloves:

- When in contact with blood or other body fluids is anticipated or may potentially occur
- When open sores and cuts are present
- When cleaning items that may be contaminated with body fluids such as blood, urine and vomit

Wear gloves

- When having contact with blood, other potentially infectious material, mucous membranes, and non-intact skin
- When handling contaminated substances or surfaces
- When anticipating contact with contaminated substances or surface
- Protect eyes, face and clothing from potential splashes or sprays of blood, body fluids, and secretions (i.e. nursing procedures such as suctioning, tracheostomy care)



Wear gloves:



- When open sores and cuts are present
- When cleaning items that may be contaminated with body fluids such as blood, urine and vomit



Wear Gloves:

Example of Specific Task:



- First aid, CPR and emergency care
- Nursing, health care procedures
- Before and after procedures (Including teachers/ staff that has received specialized training by the nurse for procedures such as EpiPen in an anaphylaxis emergency.
- Unlicensed Diabetic Assistance, staff that has received training and delegation for specific identified students using blood glucose testing with sharps and needles for diabetic care, emergency care with glucose gel or glucagon.)
- Before and after changing diapers and toileting
- Cleaning contaminated areas
- Disposing of trash
- Handling, preparing food

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Glove removal



- Grasp the cuff area of one glove using other gloved hand (Touch dirty to dirty glove/glove)
- Pull the glove off the hand, allowing it to turn inside out.
- Grasp and contain the glove, formed into a ball within the palm of the gloved hand.
- Place the thumb of the ungloved hand underneath the cuff (between skin and glove) of the gloved hand, and remove it by pulling inside out, over the first glove. (Touch clean to clean)
- Push glove inside out, down over fingers and around balled up glove. Both soiled glove surfaces are now contained inside the second glove.
- Grasp inside out gloves and discard into plastic sealable bag, in accordance with disposal procedures
- Wash hands

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How does Transmission Occur?

1. **Direct contact:** Infection occurs by contact from person to person
2. **Indirect contact:** Infection occurs by contact with inanimate objects in the environment



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Transmission: Direct contact

- **Direct contact:** Infection occurs by contact from person to person

1. Contamination through small breaks or cracks in the skin
2. Contact with mucous membranes (eyes, nose, mouth)

Examples:

- Puncture wounds such as needle sticks or sharps injury
- Abrasions & wounds
- Storage of gloves (torn gloves)

Ask an injured person to hold the towel or item to collect the fluid, until you are able to put on gloves. (i.e. nose bleed)



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Wear gloves

- ❖ It is sometimes helpful to explain to the person that you are assisting, that when putting on gloves you are also protecting their open wound or mucous membranes from potential exposure to germs, viruses and bacteria.

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Blood Borne pathogen: Hepatitis B

- **30% of those infected have no symptoms**
- Transmission of hepatitis B virus results from exposure to infectious blood or body fluids.
- Potentially life threatening disease
- An infectious illness caused by Hepatitis B virus (HBV) which infects the liver, causing inflammation (Hepatitis)
- Vaccine available

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Blood borne pathogen: Hepatitis c

- 80% of those infected have no symptoms
- Transmission of hepatitis C virus results from exposure to infectious blood or body fluids.
- May lead to long term liver damage or liver cancer
- No Vaccine Available

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Blood borne Pathogen: Human Immunodeficiency Virus (HIV)

- Transmitted through contaminated blood and body fluids
- Attacks immune system
- Can lead to AIDS
 - ❖ No cure
 - ❖ No vaccine

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Center for Disease Control and Prevention (CDC) recommendations:

- Gloves should be readily available. Latex gloves should not be used by persons with an allergy to latex. (Check with your school nurse, regarding other glove alternatives.)
- Pick up spills using disposable towels and tools that can be disinfected.

Ask the person to hold the towel or item to collect the fluid, until you are able to put on gloves. (i.e. nose bleed)

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Definition of sanitizing and/or disinfecting:

- "Sanitizer" is a product that reduces germs on inanimate surfaces to levels considered safe by public health codes or regulations. A sanitizer may be appropriate to use on food contact surfaces (dishes, utensils, cutting boards, trays) and shared daily items.
- "Disinfectant" is a product that destroys or inactivates germs on an inanimate object. A disinfectant may be appropriate to use on non-porous surfaces such as diaper changing tables, countertops, door and cabinet handles, and toilets and other bathroom surfaces."

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Consistently Follow protocol

- It is very important to clean up any blood or body fluids spills immediately.
- Hepatitis is a very durable virus and can survive outside of the body for a week or longer.
- Follow product manufacture directions on the approved disinfectant used in your school system.
- Consistently follow recommended protocol, double bag soiled or contaminated objects before disposing.

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Clean surface

- Note: the surface must be visibly clean before sanitizing or disinfecting it. If it is not visibly clean, wash the surface with detergent solution, and then rinse with water before applying the sanitizer or disinfectant.
- Some sanitizers/disinfectants require rinsing the surface after the chemical is applied for the require contact time. Be sure to read labels and follow the manufacturer's instructions for use.
- EPA registered products: Federal law requires that all EPA-registered products must be used according to the instructions on the manufacturer's label.

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Follow Procedure Policy for disposal of sharps

- Place used disposable syringes and needles and other sharp items in an appropriate puncture-resistant container, following protocol, when handling sharp instruments after a procedure
- Never recap used needles
- Do not bend, break or otherwise manipulate used needles by hand
- Do not remove used needles from disposable syringes

Report accidental exposure:

Immediately report all exposure incidents involving students and/or personnel to the principal and school nurse

In conclusion:

- Treat blood and body fluids as infectious
- Wash hands, routinely, and encourage students to do the same
- Use protective barriers, consistently, as needed
- Always clean contaminated areas
- Dispose of sharps and contaminated objects appropriately, follow policy

Additional Information:

- Center for Disease Control (CDC) website, <http://www.cdc.gov>
- Alabama Department of Public Health website, <http://www.adph.org/>

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