

Standard (Universal) Precautions

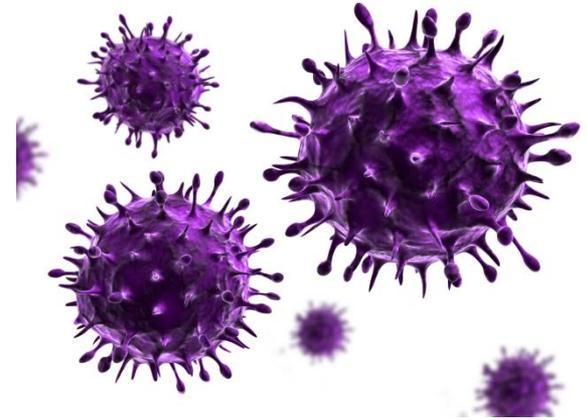
Presented by
Boulder County Public Health



Standard Precautions

- Treat all blood and body fluids as if they are known to contain bloodborne pathogens.
- Act as if everyone is contagious
 - You will protect yourself from serious (HIV/AIDS, Hepatitis B) and simple (Colds, Impetigo, Rotavirus) communicable diseases.

Four Ways to Spread Germs



- Airborne – Tuberculosis, Colds, and Chickenpox
- Direct Contact – Pinkeye, Impetigo, Lice, Poison Ivy, and Chickenpox
- Fecal Oral – Hand, Foot, and Mouth Disease, Hepatitis A, and Rotavirus
- Blood Contact – HIV/AIDS, Hepatitis B, and Hepatitis C



HIV/AIDS

- » Virus enters the body
- » Virus attaches to white blood cells
- » White blood cells are destroyed
- » Virus multiplies

Antibodies are detectable within 6-12 weeks after exposure

HIV/AIDS – Considerations for Children in Childcare



- Communicable diseases (colds, chickenpox, etc) pose an additional risk for the HIV infected child. As a result we should notify all parents about any exposure to communicable diseases.
- Temporary exclusion of the HIV infected child may be necessary to decrease risk of contracting the communicable disease.
- Disclosure of HIV status is parent driven. We can not ask them and they don't have to tell us.
- If the child is known to be HIV infected, then a plan of inclusion/exclusion needs to be in place before the child begins childcare activities.



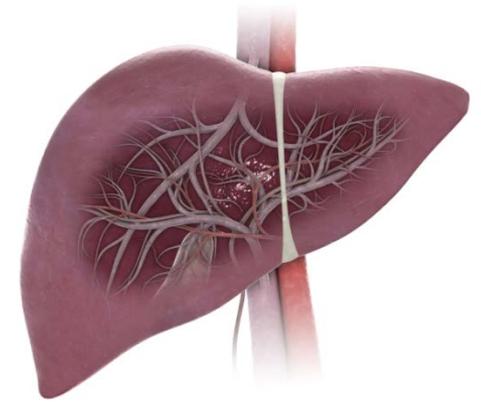
How HIV Is Spread

- Unprotected sex
- Infected IV drug use
- Infected woman to unborn child – breastfeeding not recommended for infected women to uninfected child
- Blood to blood transmission – infected blood coming into contact with an open wound (obvious or simple such as a fresh paper cut or hangnail) or mucous membrane (eye, nostril, or mouth)

How You Cannot Get HIV

- » Casual contact; holding/hugging
- » Kissing on the lips or cheek
- » Sharing food, utensils, clothing, bed linens
- » Art equipment, play-dough, clay, or water play
- » Bathroom fixtures
- » Drinking fountains
- » Mosquitoes
- » Eating with carriers
- » Coming into contact with tears, saliva, vomit, urine, or perspiration that do not contain blood

What is Hepatitis B?



- Infection of the liver
- Mild, Chronic, or Permanent liver damage is possible
- It interferes with the liver's ability to digest food and keep the blood healthy
- Can cause liver cancer



Symptoms of Hepatitis B

- Weakness, fatigue, appetite loss, nausea, fever, headache, and jaundice
- Chronic carriers: no symptoms, but can infect others
- Positive test 2-6 weeks after symptoms begin

- There is no cure for Hepatitis B
- There is a vaccine for Hepatitis B!



What is Hepatitis C?

- Inflammation of the liver
- Contracted in the same way as Hepatitis B and HIV/AIDS
- Symptoms are the same as Hepatitis B – but the test for Hepatitis B will be negative
- There is a test available to check for Hepatitis C



How is Hepatitis Spread?

- Unprotected sex
- Infected IV drug use
- Infected woman to unborn child
- Blood-to-blood transmission

Components of Universal Precautions

- Personal Protective Equipment – **GLOVES!!!**
- Handwashing
- Decontamination of surfaces and toys
- Waste disposal



Infectious Body Fluids



- Blood
- Vaginal secretions
- Semen
- Any body fluid that can not be identified
- Any body fluid that contains blood



What are some tasks in childcare that pose a risk of infection with bloodborne pathogens?

- Bleeding injuries
- Biting
- Loose teeth
- Changing band aids
- Handling breast milk – only a concern if given to the wrong child
- Performing CPR



What are some ways you can protect yourself while performing these tasks?

- Washing hands
- Wearing gloves
- Using bleach solutions
- Using CPR masks





Handwashing – The best way to decrease the transmission of germs

- Use liquid soap and warm running water
- Rub hands together vigorously for at least 30 seconds (outside the stream of water)
- Remember surfaces including thumbs, wrists, back of hands, between fingers, under and around jewelry, and under and around fingernails
- Rinse hands well
- Dry hands with a paper towel and use it to turn off the faucet and open the door
- Discard the paper towel.

Always Wash Your Hands...

- » Before beginning care/first aid
- » In-between delivery of care/first aid
- » Before and after bathroom use
- » Before handling clean equipment and after handling dirty equipment
- » Before handling food
- » Before and after eating
- » Before leaving the building
- » Before and after changing diapers



Personal Hygiene

» In areas designated for first aid there should be no:

- > Personal hygiene
- > Eating or drinking
- > Applying makeup
- > Handling contact lenses





Personal Protective Equipment

- **Gloves – wear gloves only once**
 - Latex and nitrile are available and are acceptable for protection against bloodborne pathogens, per the CDC.
 - Vinyl gloves are acceptable for food preparation, disinfecting, or decontamination
 - CPR masks and face shields are strongly encouraged

Sharps – needles or sharp objects

» Contaminated needles or sharp objects

> DO NOT

- Bend
- Recap
- Remove
- Purposely Break





Bleach Solutions

- Cleaning up blood spills, blood contaminated items, or items contaminated with body fluids
 - Bleach solution of 1 part bleach to 9 parts water
- Cleaning bathrooms, diapering areas, or hard surfaces
- Cleaning toys and eating surfaces
- Bleach testing strips

How to Mix Bleach Solutions

- Follow bleach label directions exactly when mixing solutions for sanitizing and disinfecting regarding:
 - Ratio of water/bleach for sanitizing
 - Ratio of water/bleach for disinfecting
 - Contact time (length of time solution is left wet on surface).
 - Whether a rinse is required.

Laundry Procedures



- Gloves when needed
- Handle soiled items as little as possible
- Bag soiled linen; use bags to prevent leakage and label appropriately
- Wash in hot water for 25 minutes

Two Types Of Waste

- Non-regulated:
 - Diapers
 - Sanitary Napkins
 - Used Band Aids
 - Discarded Gloves
- Regulated:
 - Saturated with body fluids
 - Items caked with dried blood





What is an exposure incident?

- Any incident in which eye, mouth, other mucous membrane, or non-intact skin comes in contact with blood or other potentially infectious material, as a result from the performance of an employee's duties.



After Exposure

- Wash the area
- Protect others from exposure
- Report the exposure to your supervisor immediately
- Document the exposure immediately
- Have a medical evaluation within 2 hours
- Get documentation from your physician

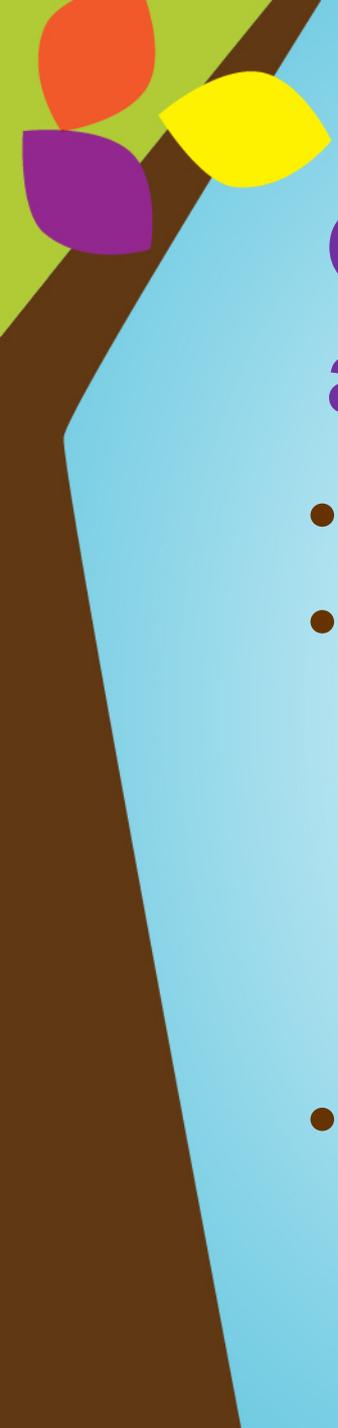
Written Policies

- Education and training on a yearly basis
 - Review your materials 1 x per year and attend class once every 3 years.
- Infection control practices
- Enrollment Process – Promote confidentiality
- Record Keeping – communicable diseases that children are exposed to



What You Need to Know – Workplace Exposure Control Plan

- » Plan and kit should include:
 - Exposure forms
 - 1st aid kit
 - CPR mask
- » Annual training should include:
 - Access to Hepatitis B after exposure
 - Guidelines and time line for filing for workers compensation



OSHA – Occupational Safety and Health Administration

- Division of the US Department of Labor
- Regulates workplace health and safety standards
 - Annual training – review your book 1 x yearly
 - Site policies and procedure
- Training records: dates, summary, and names of those conducting the training