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
  • Ration 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