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| LONOKE SCHOOL DISTRICT |
| Student Medical Services |
| 401 W. Holly Street |
| Lonoke, AR 72086 |
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**Universal Precautions**

**School Employee Information**

**2011-2012**

**Universal Precautions are defined by the following concepts:**

* Best practices that help prevent contact with blood and other body fluids
* Your best protection against HIV/AIDS, Hepatitis B, Hepatitis C and some other infectious diseases
* Procedures required in schools to protect students and staff from the possibility of unknown exposure to certain infectious diseases
* Procedures used to protect others from certain infectious diseases you may have

Universal Precautions can protect you and prevent the spread of diseases, while ensuring confidentiality.

**What should I do in the case of an exposure to blood or body fluids (e.g. needlestick, splash, human bite or human scratch)?**

1. Clean injury with soap and water; however, clean only with water on mucous membranes (eyes and mouth)
2. For Students – send immediately to the School Nurse and contact parents or guardian

For Staff – complete form AR-N and call Company Nurse at 1-877-247-1451

1. Notify your supervisor
   1. For Students – Nurse completes report
   2. For Staff – Follow instructions of Company Nurse

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| **Medical Confidentiality**  **All medical information** concerning students and co-workers must be held **CONFIDENTIAL**. Sharing information about someone is prohibited by law and punishable by fine. |

**FACTS ABOUT SOME INFECTIOUS DESEASES**

**Blood Borne Pathogens**

**HIV/AIDS INFECTION:**

AIDS is caused by HIV (human immunodeficiency virus). HIV attacks the body’s immune system leaving it open to life-threatening infections and malignancies. The virus may also directly attack the central nervous system. Persons infected with HIV often have no symptoms and may appear to be in good health, however they remain infectious for life.

**HEPATITIS B AND HEPATITIUS C:**

Hepatitis B and Hepatitis C are infections of the liver caused by a virus. Less than 50% of people who become infected show symptoms of illness. The symptoms include fatigue, mild fever, muscle/joint aches, nausea, vomiting, loss of appetite, and abdominal pain. In some patients, the urine turns dark and the skin becomes yellow. Symptoms may begin to appear up to six months after exposure to the virus. Ten percent of those infected with Hepatitis B become carriers and may develop chronic liver disease. Most people infected with Hepatitis C become carriers and may develop chronic liver disease.

**HIV, Hepatitis B and Hepatitis C can be spread in the following ways:**

* Any sexual activity involving direct contact with semen, blood, or vaginal secretions of an infected person
* Sharing intravenous (IV) needles and/or syringes with someone who is infected
* Direct contact of infected blood from cuts, broken skin or mucous membranes

**There are treatments that can decrease the severity of these diseases and may prolong life.**

**PREVENTION**

**How can HIV, Hepatitis B, and Hepatitis C be prevented?**

*There is no vaccine to prevent AIDS/HIV or Hepatitis C.*

*There is a safe and effective vaccine to combat Hepatitis B. Three doses of Hepatitis B vaccine are required for full protection.*

**The spread of TB can be reduced by:**

* Covering mouth and nose when sneezing or coughing
* Insuring adequate ventilation
* Treating infected persons
* Routine screening with a PPD test

**WEAR** disposable single-use gloves whenever you will be:

* Touching any body fluids, particularly blood
* Examining the mouth or assisting with dental care
* Coming in physical contact with anyone who has open cuts, lesions, etc.

Gloves should be standard components of first-aid supplies in schools and should be readily accessible for emergencies and regular care.

**Thorough hand washing is the single most important factor in preventing the spread of infectious diseases.**

**WASH** your hands with liquid soap and running water, lather well and wash vigorously for 15-20 seconds.

**WASH:**

* Before preparing food, before and after eating
* After using the restroom
* Before and after administering first aid
* After contact with any body fluids (blood, saliva, vomit, feces, urine, semen, menstrual flow, wound drainage, nasal discharge, etc.)
* After removing disposable gloves

**USE** care when disposing of trash:

* Place soiled tissues, pads, gauze bandages, towels, etc., into a plastic bag and tie or seal the bag. Place it in a second plastic bag and dispose
* If needles, syringes, or lancets are used in the school setting, arrange for a puncture-proof container. Place needles, syringes, or other sharp objects in special puncture-proof containers. **Do not bend, break or recap needles.** Many pharmacies will provide puncture-proof containers free of charge.

**USE** disinfectants:

* Clean all areas soiled with blood and body fluids (table tops, toilets, sinks, desks, etc.) with soap and water followed by a disinfectant approved by the Environmental Protection Agency