

UNIVERSAL PRECAUTIONS

The body fluids of all persons should be considered to contain potentially infectious agents, as it is not always possible to tell who is infected. These body fluids include:

Blood	Drainage from nose or sinuses
Vomit	Drainage from wounds or sores
Saliva	Secretions from mucous membranes
Stool (feces)	Vaginal secretions
Urine	Sputum (mucus from lungs)
Semen	

Please refer to Table 1 for sources of infectious agents organisms of concern and transmission.

Guidelines for contact with body fluids:

- ✓ Gloves **MUST** be worn when:
 - Direct contact with body fluids is anticipated (nose bleeds, bleeding abrasions, vomit)
 - Handling clothes soiled by urine, feces, vomitus, or blood
 - Diapering children
- ✓ Gloves are kept in the classroom first aid kits and/or the health room. Please notify health services staff when you have used all gloves.
- ✓ All sizes are available S-M-L, latex and non-latex for those with latex allergies.

After exposure:

- ✓ Clean area with disinfectant
- ✓ Discard gloves in a secured lined trash container (peel off hands rolling glove outside in)
- ✓ Wash hands

If gloves are not immediately available - wash hands immediately after contact with soap and warm water. Contact custodian for large body spills.

Hand washing:

Proper hand washing is the utmost important step in preventing the spread of disease!

- ✓ Use soap and warm water
- ✓ Wash vigorously (palms, backs, between fingers, under fingernails) for approximately 10 seconds
- ✓ Rinse under warm running water
- ✓ Turn off faucet with paper towel after drying hands thoroughly

Please post Hand Washing Poster in your classroom. Review with students. This habit is very important to learn at a young age and be reinforced throughout all grade levels.

If you have any questions see me.

Thanks,
Christine Lichtenberg,
District Nurse

TABLE 1
TRANSMISSION CONCERNS IN THE SCHOOL SETTING
BODY FLUID SOURCE OF INFECTIOUS AGENTS

BODY FLUID-SOURCE	ORGANISM OF CONCERN	TRANSMISSION CONCERN
Blood - cuts/abrasions - nosebleeds - menses - contaminated needle	Hepatitis B. Virus AIDS Virus Cytomegalovirus	Blood stream inoculation through cuts and abrasions on hands. Direct blood stream inoculations. Oral inoculation from contaminated hands.
Feces* - incontinence	Salmonella Bacteria Shigella Bacteria Rotavirus Hepatitis A Virus E. Coli	Oral inoculation from contaminated hands.
Urine* - incontinence	Cytomegalovirus	Bloodstream and oral (?) inoculation from contaminated hands.
Respiratory Secretions - saliva - nasal discharge	Mononucleosis Virus Common Cold Virus Influenza Virus	Oral inoculation from contaminated hands
Vomitus*	Gastrointestinal Viruses, e.g. Norwalk Agent Rotavirus	Oral inoculation from contaminated hands
Semen	Hepatitis B Aids Virus Gonorrhea	Sexual contact (intercourse)

*Possible transmission of AIDS and Hepatitis B is of little concern from these sources. There is no evidence at this time to suggest that the AIDS virus is present in these fluids.

All of the above could be transmitted through direct contact with the mucus membranes of the mouth, nose or eyes, e.g. blood splashed in the eyes.