

Bloodborne Pathogens

What is a Bloodborne Pathogen?

Bloodborne pathogens are disease-causing microorganisms that may be present in human blood or other body fluids that can infect and cause disease in people. These include the human immunodeficiency virus (HIV) and the Hepatitis B Virus (HBV).

HBV is the more common bloodborne pathogen you face on the job. Hepatitis B results in inflammation of the liver. It can lead to cirrhosis of the liver and can be fatal. Symptoms may resemble the flu, or you may have no symptoms at all. (Some people don't have any symptoms and don't know they carry the disease). Hepatitis B can be found in the blood, and to a lesser extent saliva, semen and other body fluids of an infected person. It is spread by direct contact with infected body fluids: usually by needle stick injury, sharing needles or sexual contact. It is not spread by casual contact or by respiratory droplets.

HIV (Human Immunodeficiency Virus) attacks the immune system. Symptoms may be flu-like, fever, diarrhea, fatigue or none at all. HIV eventually causes AIDS. HIV is transmitted by semen, blood, and body fluids. Persons are unlikely to show symptoms of HIV infection for up to 10-15 years and may very well be unaware themselves that they are infectious.

Transmission of bloodborne pathogens.

Understanding how these diseases are transmitted can be your first line of defense. The pathogens may be present in blood or body fluids **over a larger area instead of killing them.**

with visible blood, semen or vaginal fluids, torn or loose body tissue.

Bloodborne pathogens can enter your body through open cuts or sores, nicks, skin abrasions, mucous membranes of eyes, nose and mouth.

Transmissions of pathogens can be accidental or through indirect transmission. Accidental transmission can happen by injuring yourself with broken objects such as broken glass, sharp metal, needles, knives or exposed ends of orthodontic wires. Indirect transmission happens when you touch an object or surface contaminated with blood or other infectious materials and transfer the pathogen to your nose, eyes, mouth or open area on your skin. Contaminated surfaces are a major cause of the spread of Hepatitis B. The Hepatitis B virus can survive on surfaces dried and at room temperature for at least one week.

Reducing Your Risk

In the school setting, it is not possible to know who may be a carrier of an infectious disease or what germs are present. Persons who have pathogens sometimes do not know themselves they are infectious. Approximately six to ten percent of the U.S. population becomes Hepatitis B carriers. Rural areas typically have a relatively lower incidence of Type B Hepatitis as compared to metropolitan areas.

7. Have a vaccination for protection from Hepatitis B if your job functions involve

To reduce your risk of infection you must avoid contact with any blood or body fluids when possible. If you practice "Universal Precautions" while you are at school that will protect you from ALL infectious diseases. **Universal Precautions** means treating everyone's body fluids as infectious. It also includes the following actions:

1. Wash your hands with soap and running water at regular times during the workday.
2. Avoid punctures with objects that may contain blood of others.
3. Handle discharges from another person's body (particularly body fluids containing blood) with gloves and wash hands thoroughly with soap and running water when you are finished.
4. Carefully dispose of trash that contains body wastes and sharp objects. Use special containers with plastic liners for disposal of refuse that contains blood or for any body spills that may contain blood. For the disposal of sharp objects, use the sharps container located in each nurse's office of every building. **DO NOT** bend, break or recap needles.
5. Promptly remove another person's blood and body wastes from your skin by washing thoroughly with soap and warm running water.
6. Clean surfaces that have blood or body wastes containing blood on them with an Environmental Project (EPA) approved disinfectant or a 1:10 solution of household bleach and water. **(This solution must be fresh daily.) Do not use an old solution to clean surfaces of blood or body fluids or you could be smearing pathogens**
7. exposure to blood or other potentially infectious materials (i.e. first aid or clean up).

8. If you are responsible for administering first aid to others or may be placed in a position where you may have to give first-aid, obtain current instruction in first-aid and CPR (cardiopulmonary resuscitation). Current instruction will include modification of first-aid needed to protect the rescuer from infection.

Exposure Control Plan

Each school district has an Exposure Control Plan that is designed to eliminate or minimize employee exposure to blood or other potentially infectious materials (OPIM). This plan includes an exposure determination for the workplace, the schedule and methods of implementation, and the procedure for the evaluation of circumstances surrounding exposure incidents. A copy of the Exposure Control Plan is located with each building Principal, Nurse, District Nurse, Administration, Transportation and the Building and Grounds department. (This plan meets OSHA regulation 1910.1030)

The following is a list of job classifications that could involve exposure to blood or other potentially infectious materials: (OPIM)

School Nurses/LPN's
Coaches/Assistants
Special Ed Teachers/Para
Early Childhood
First Responders
Phy Ed Teachers
EBD
Family Living
Custodian/Maintenance
Playground Staff
Secretaries
Bus Driver
Laundry Staff
Biology Staff (blood type)

The above list of job classification should become familiar with the Exposure Control Plan Contents. The District will make available personal protective

equipment upon request and will also provide the Hepatitis B vaccinations.

Hepatitis B Vaccination

Hepatitis B vaccine offers protection against acute Hepatitis B, asymptomatic infection and the chronic state carriers. The vaccine will not prevent Hepatitis caused by other agents such as Hepatitis A. The vaccine is given by injection. Three doses, given on three different dates are needed for full protection (A two dose series is also available). The Hepatitis B vaccine prevents HBV infection in 85%-95% of people who get all three shots. The first dose is an elected date, second dose is 1 month later, and the third dose is 6 months after the first dose. The incidence of side effects is low and the duration of the protection is unknown at the present time. Some Hospital employers require Hepatitis titers to determine the level of protection an employee has. A special Hepatitis B immune globulin (HBIG) is also available for people who are exposed to the virus.

If you have a job classification that puts you at risk of being exposed to blood or other potentially infectious material and would like to obtain the Hepatitis B series, contact your Building Nurse or the District Nurse.

What do I do if I am exposed to Blood or Other Potentially Infectious Materials?

If you come across blood or body fluids in any part of a building, contact the custodian for clean up. They have been

appropriately trained in the use of pathogen killing cleaners and bagging correctly. When the school generates infectious waste, it is delivered to the Buildings and Grounds Office and then to an Infectious Waste Hauler for disposal.

If you need to clean up blood or body fluids for any reason, please use the above discussed Universal Precautions.

If you have been exposed to blood or other potentially infectious material you need to notify your Principal and the Building Nurse. An Exposure Incident reports needs to be filed. This will include:

Documentation of the route of exposure and the circumstances that occurred.

Identification and documentation of the source individual.

Collection and testing of blood. (A visit to your health professional is usually needed)

Post-exposure prophylaxis

Counseling and

Evaluation

Any student or staff with blood or body fluids on clothing should have them replaced with clean clothing immediately. The soiled clothing should be placed in a plastic bag and sent home. When staff members wash contaminated clothes, ½ cup of bleach should be added to the soap and water.

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