

Regulation: Prevention of Disease/Infection Transmission (Handling Body Fluids and Substances)

The body fluids and substances of all persons should be considered to contain potentially infectious agents. No distinction may be made between body fluids and substances from individuals with a known disease or infection and those from asymptomatic or undiagnosed individuals. Body fluids and substances include blood, semen, drainage from scrapes and cuts, feces, urine, vomitus, respiratory secretions (e.g., nasal discharge), and saliva.

The following infection control practices shall be followed by all District personnel in all situations involving potential contact with any body fluids and substances:

1. Refer to Mapleton's current Exposure Control Plan.
2. Wear gloves when it is likely or anticipated that hands will be in contact with body fluids or substances (blood, urine, feces, wound drainage, oral secretions, sputum, or vomitus). Gloves should be kept in emergency response kits and be readily accessible at sites where students seek assistance for bloody noses or injuries.
 - a. When possible, students should be taught to hold their own bloody noses. Always wear gloves while holding bloody noses and dealing with cuts that are bleeding heavily. If gloves are not available, towels or some other clean material shall be used as a barrier to provide some protection.
 - b. Cuts and sores should be covered to avoid infection.
 - c. When possible, students should wash off their own cuts and abrasions. After cuts are washed with soap and water, they should be covered with bandages of the appropriate size.
3. When possible, pocket face masks should be used for mouth-to-mouth resuscitation.
4. Wash hands often and well, paying particular attention to areas around and under fingernails and between fingers.
5. Clean up as soon as possible after any skin contact with any body fluid or substance.
 - a. Wash skin with soap and water.
 - b. Wash contaminated surfaces and non-disposable items with standard disinfectant. Use aerosol germicide cleaner.

- c. Wash contaminated clothing and linen in detergent with hot water.
- d. Contaminated tissues, paper towels, and other disposable items should be placed in double plastic bags before being discarded.
- e. Refer to current recommendations for sanitation and disinfection in the Exposure Control Plan.

Although HIV (human immuno-deficiency virus)/AIDS (acquired immune deficiency syndrome) has received a great deal of attention, there are many other communicable diseases to be aware of. The table below lists several common communicable diseases and sources of infection. Staff should be familiar with this table.

1. It is extremely difficult to be infected with HIV/AIDS, particularly when skin is intact.
2. HIV/AIDS is transmitted by blood, semen, or vaginal secretions getting into the bloodstream of a non-infected person.
3. Other body substances (saliva, tears, urine, and feces) contain extremely small levels of the virus, if any.
4. There have been no documented cases of HIV/AIDS transmitted by mouth-to-mouth resuscitation.
5. HIV is easily destroyed by common disinfectants.

TRANSMISSION CONCERNS-BODY SUBSTANCE SOURCES OF INFECTIOUS AGENTS

Body Substance Source	Organism of concern	Transmission
Blood - cuts/abrasions - nose bleeds - menses - contaminated needle	Hepatitis B virus HIV/AIDS Cytomegalovirus	Bloodstream inoculation through cuts and abrasions on hands Direct blood stream inoculation
*Feces - incontinence	Hepatitis A virus Salmonella bacteria Shigella bacteria C. difficile	** Oral inoculation from contaminated hands
*Respiratory secretions - saliva - nasal discharge	Common cold virus Influenza virus *** Epstein-Barr virus	** Oral inoculation from contaminated hands
*Vomitus	Gastrointestinal viruses (e.g., Norwalk virus)	** Oral inoculation from contaminated hands
*Urine - incontinence	*** Cytomegalovirus	Bloodstream inoculation through cuts and abrasions on hands
Semen/vaginal fluids	Hepatitis B virus HIV/AIDS Gonococcus bacteria	Sexual contact (intercourse)
Breast Milk	HIV, Hepatitis B and C, Rubella, EBV, Tuberculosis	**Oral inoculation from contaminated hands.

*There are no reported cases of HIV/AIDS suspected of having been transmitted by these sources. Wear gloves when exposed to body secretions, especially blood, urine or feces.

**HAND WASHING IS VERY IMPORTANT!

***These agents cause mononucleosis-like illness.

Approved January 23, 2018.