

# BLOODBORNE PATHOGENS

## EMPLOYEE TRAINING PROGRAM



Resources for Bloodborne Pathogens  
Employee Training Program Pamphlet:

County of San Diego, Department of Public Health & the Centers for Disease  
Control and Prevention  
Updated 07/2016



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# BLOODBORNE PATHOGEN TRAINING PROGRAM

I have received my copy of the employee  
“Bloodborne Pathogens” Training Program.



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**Job Title**

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**Employee Name (Print)**                      **Employee Signature**

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**Site**    **Supervisor Name**

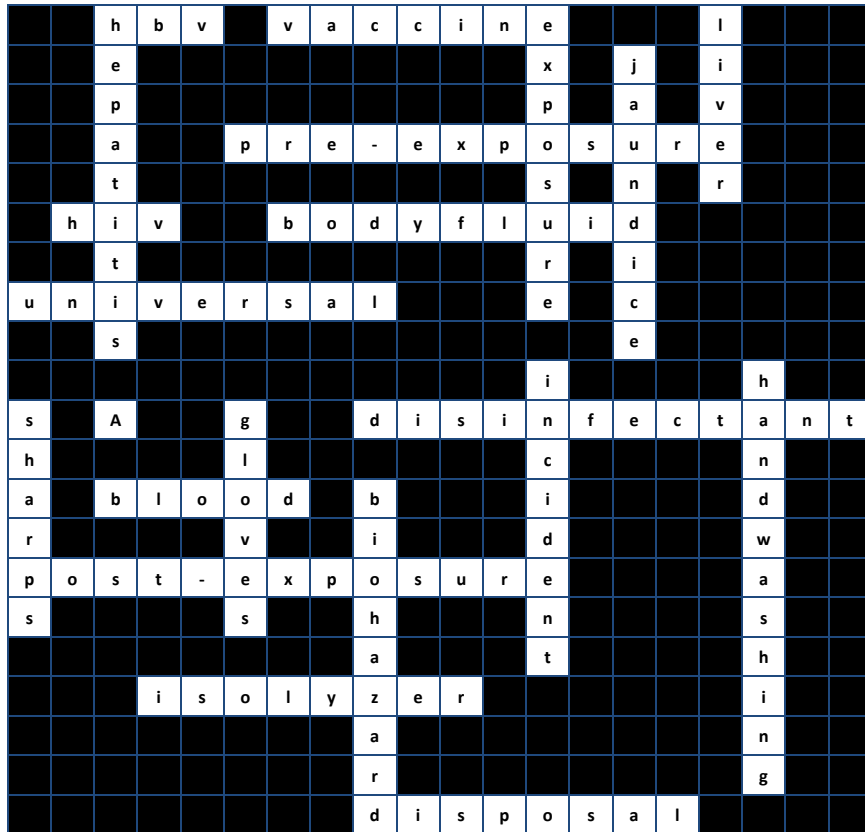
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**Training Date**

This page is to be placed in the employee personnel file.

# BLOODBORNE PATHOGENS ANSWERS

SAN DIEGO COUNTY SCHOOLS JPA



# WORKING SAFELY WITH BLOODBORNE PATHOGENS

Life is not as simple today as it was twenty, thirty or more years ago. One of the more profound changes that has occurred over the past several years is the rapid spread of bloodborne diseases caused by bacteria and viruses that are found in blood. These diseases may cause illnesses which if left untreated, can in time lead to death.

As an employee of the district, you have the potential of coming in contact with blood and other types of body fluids. Every time you clean and bandage a cut, or wipe a child's nose, you are exposed to bacteria and viruses that may be present in these body fluids.

Most of the time, exposure to these body fluids pose no harm. In fact, your immune system may have already built up antibodies to these bacteria, allowing your own defenses to adequately protect you. However, to increase employee awareness, to provide a safe work environment, and to fulfill state regulations, your district is providing this booklet and workshop.

This booklet will inform you of your rights as an employee and teach you what you need to know to work safely with bloodborne pathogens.

Today you will learn about:

- + The definition of bloodborne pathogens
- + Precautions and procedures that can reduce your exposure to bloodborne pathogens
- + The vaccines that are available to you
- + And about the district's written program.

- ACROSS**
- 1 Three shots
  - 5 Before contact
  - 6 AIDS
  - 7 General carrier of the virus
  - 8 Precautions to use everywhere
  - 12 Bleach
  - 13 Carrier of virus-red
  - 15 After contact
  - 16 Solidified sharps container
  - 17 Double bag

- DOWN**
- 1 Oral fecal virus
  - 2 Contact with an opening in the skin
  - 3 Organ of the body affected
  - 4 Hepatitis symptom
  - 9 Thirty seconds
  - 10 Container for needles
  - 11 Establish a barrier
  - 14 Red bag

# EMPLOYEE RIGHTS

Your rights by law are as follows:

1. You have the right to receive information regarding exposure to bloodborne pathogens.
2. If an exposure incident occurs, your physician has the right to receive information regarding what you were exposed to, and your job duties. You also have a right to detailed medical information about your exposure.
3. You have the right to receive vaccinations and blood tests at no cost to you.
4. You cannot be discharged or discriminated against in any way for exercising these rights.

# EMPLOYEE TRAINING

Your supervisor is responsible for informing you of the following:

1. The location and availability of the district's written program and state regulations.
2. Any known work situation where you may be exposed to bloodborne pathogens.
3. The contents of the district's written Exposure Control Plan. This includes any updates reflecting new information or laws to help protect you.
4. How to recognize potential contact with blood or body fluids.
5. The health hazards of bloodborne pathogens to which you may be exposed to in your duties and how to protect yourself from these hazards. Such measures may include: work practices, protective equipment, emergency procedures, and vaccinations.

66-201

## SHARPS INJURY LOG

Injury ID (Please leave blank.)      Facility ID (Please leave blank.)

Please complete a Log for each employee exposure incident involving a sharp.

Fill in the one circle corresponding to the most appropriate answer. Use block print and avoid touching lines.

|                        |  |                               |  |
|------------------------|--|-------------------------------|--|
| Institution: _____     |  | Department: _____             |  |
| Address: _____         |  | Page # _____ of _____         |  |
| City: _____            |  | State: _____ Zip Code: _____  |  |
| Date filled out: _____ |  | By: _____ Phone Number: _____ |  |

Facility injury ID#

Date of injury  
 /  /

Time of injury  
 :

Optional Sex  
 Male  
 Female

Age

**Description of the exposure incident:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Job classification:**

MD     Nurse

Medical assistant

Phlebotomist/Lab tech

Housekeeper/Laundry

CNA/HHA

Student, type \_\_\_\_\_

Other \_\_\_\_\_

**Department/Location:**

Patient room     Emergency dept.

Operating room     Procedure room

CCU/ICU     Home

Clinical laboratory

Medical/outpatient clinic

Service/Utility area (disp. rm./laundry)

Other \_\_\_\_\_

**Procedure:**

Draw venous blood     Heparin/saline flush

Draw arterial blood     Cutting

Injection, through skin     Suturing

Start IV/set up heparin lock

Unknown/not applicable

Other \_\_\_\_\_

**Did the exposure incident occur:**

During use of sharp     Disassembling

Between steps of a multistep procedure

After use and before disposal of sharp

While putting sharp into disposal container

Sharp left, inappropriate place (table, bed, etc.)

Other \_\_\_\_\_

**Body part:**  
(check all that apply)

Finger     Face/head

Hand     Torso

Arm     Leg

Other \_\_\_\_\_

**Identify sharp involved:**  
(if known)

Type: \_\_\_\_\_

Brand: \_\_\_\_\_

Model: \_\_\_\_\_

e.g., 18g. needle/ABC Medical/"no stick" syringe

**Did the device being used have engineered sharps injury protection?**

Yes     No     Don't know

Was the protective mechanism activated?

Yes - fully     Yes - partially     No

Did the exposure incident occur:

Before     During     After activation

**Exposed employee:** If sharp had no engineered sharps injury protection, do you have an opinion that such a mechanism could have prevented the injury?  Yes     No

Explain: \_\_\_\_\_

\_\_\_\_\_

**Exposed employee:** Do you have an opinion that any other engineering, administrative or work practice control could have prevented the injury?  Yes     No

Explain: \_\_\_\_\_

\_\_\_\_\_

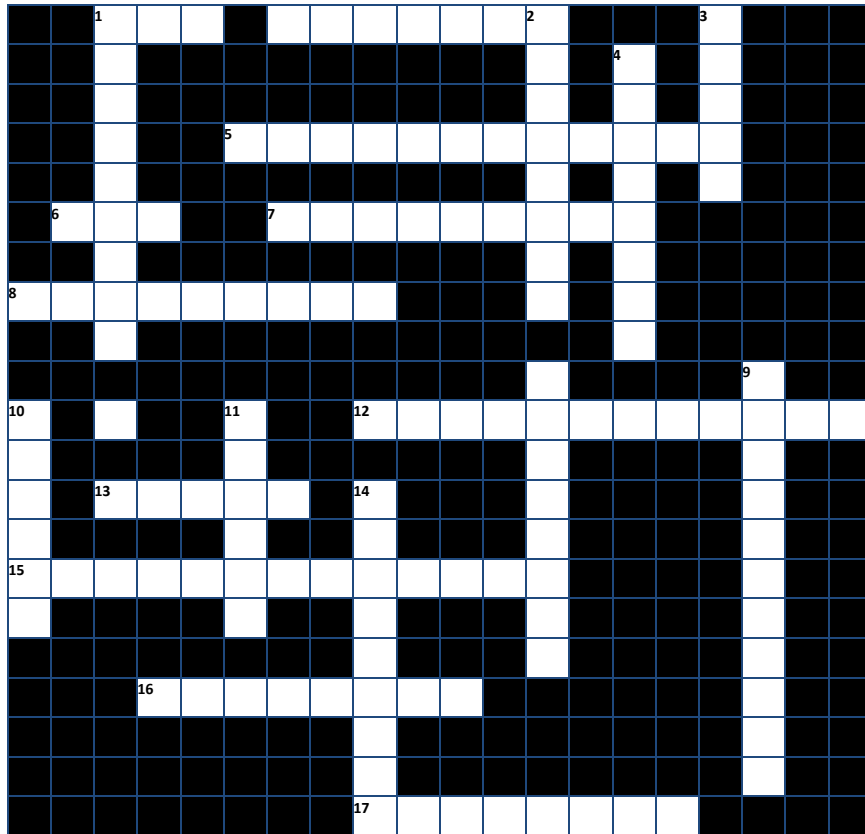
effective until 8/1/99  
pending changes to  
BBP Standard

Sharps Injury Control Program (SHARPS)  
State of California - Department of Health Services, Occupational Health Branch/UCSF

10/28/98 sh inj log 17

# BLOODBORNE PATHOGENS CROSSWORD

SAN DIEGO COUNTY SCHOOLS JPA



## ACROSS

## DOWN

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1 Three shots                   | 1 Oral fecal virus                    |
| 5 Before contact                | 2 Contact with an opening in the skin |
| 6 AIDS                          | 3 Organ of the body affected          |
| 7 General carrier of the virus  | 4 Hepatitis symptom                   |
| 8 Precautions to use everywhere | 9 Thirty seconds                      |
| 12 Bleach                       | 10 Container for needles              |
| 13 Carrier of virus-red         | 11 Establish a barrier                |
| 15 After contact                | 14 Red bag                            |
| 16 Solidified sharps container  |                                       |
| 17 Double bag                   |                                       |

# LEGAL REQUIREMENTS

Cal/OSHA General Industry Safety Order (GISO) Title 8, Section 5193, entitled, "Bloodborne Pathogens," requires that employees whose primary job activities include day-to-day exposure, and whose additional job activities include the potential for exposure, be given training about the hazards of bloodborne pathogens. The program covers 5 major areas:

1. The history and results of exposure to bloodborne pathogens.
2. Universal precautions to reduce or eliminate exposure.
3. Methods for handling biohazardous waste.
4. A vaccination program.
5. The district written Exposure Control Plan.

Much time has been spent assembling and organizing information, and training district staff and faculty, regarding bloodborne pathogens. This monumental task has been accomplished to make your job safer. Anytime you have a question about bloodborne pathogens, contact your supervisor.



**Occupational Safety and Health Administration**

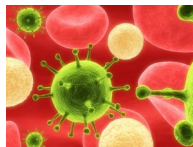
## HISTORY AND RESULTS OF EXPOSURE TO BLOODBORNE PATHOGENS

Bloodborne pathogens are microorganisms that are present in human blood and can cause disease. Many diseases are carried in blood, but the two greatest concern are Viral Hepatitis (A, B, and C), and Human Immunodeficiency Virus (HIV). HBV survives longer out of the body than HIV and can easily be contracted from exposure to blood and other body fluids. Since the risk of infection is greater with HBV than HIV, there is a larger concern for worker safety. Most infected patients recover from exposure to HBV, however five to ten percent of those who are infected become chronic carriers and can transmit disease to other people. Chronic carriers of the disease may also suffer from serious liver ailments. Ailments of the liver cause almost 4,000 deaths in the United States every year.

### WHAT IS VIRAL HEPATITIS?

Hepatitis is an inflammation of the liver. There are many causes of hepatitis, viruses included (viral hepatitis). Common forms of viral hepatitis are:

- + Hepatitis A
- + Hepatitis B
- + Hepatitis C



The two other forms of viral hepatitis, D and E, are rare.

### *Who should get vaccinated?*

Employees whose duties allow for the possibility of contact with blood of a student or another employee and his or her skin, eyes, or mucous membranes (mouth), should greatly consider getting vaccinated.

For example, a speech therapist whose hands are frequently in the mouth of a severely disabled student with bleeding gums is at a higher risk than a secretary who rarely dresses the wounds of students in playground accidents, or the cuts of food service employees. Employees without contact with other employees or students are not at any increased risk.

Each employee should evaluate his or her duties for these risk factors. Speak to your own physician or a school nurse for further questions about the vaccine if you believe you are at risk.





**What is the vaccine for?**

A vaccine is available to protect people from the hepatitis B virus (HBV vaccine). No similar vaccine is available to protect people from HIV, the AIDS virus. The vaccine is given by injection and three injections are necessary for full protection. The second and third injections are given one and six months after the first injection.

**Is the hepatitis B vaccine safe and how well does it work?**

Over four million adults in the U.S. have already received the vaccine which is considered to be very safe and without serious adverse reactions. Pregnant women can be vaccinated.

After the three injections, between eighty and ninety five percent of people will develop protective antibodies and be fully protected from getting hepatitis B. The protection after three injections, for those who have responded, is known to last for at least nine years. Re-vaccination is not recommended.

| Group   | Dose                         | Schedule                         |
|---|------------------------------|----------------------------------|
| Infants <sup>a</sup> , Children, and Adolescents<br>0–19 years of age<br>(Pediatric/adolescent formulation) | 5 mcg (0.5 mL)               | 3 doses at<br>0, 1, and 6 months |
| Adolescents <sup>b</sup><br>11 through 15 years of age<br>(Adult formulation)                               | 10 mcg <sup>c</sup> (1.0 mL) | 2 doses at<br>0 and 4–6 months   |
| Adults<br>≥20 years of age<br>(Adult formulation)   | 10 mcg <sup>c</sup> (1.0 mL) | 3 doses at<br>0, 1, and 6 months |
| Predialysis and Dialysis Patients <sup>d</sup><br>(Dialysis formulation)                                    | 40 mcg (1.0 mL)              | 3 doses at<br>0, 1, and 6 months |

**USUAL SYMPTOMS OF VIRAL HEPATITIS**

Symptoms of exposure to HBV may include flu-like symptoms such as fatigue, mild fever, jaundice (yellowing of the skin), rash, muscle and joint aches, nausea, vomiting, loss of appetite, vague abdominal pain, dark urine, and occasional diarrhea. If you have viral hepatitis, you may experience some, all, or none of these symptoms. These symptoms can be mild or severe, and may take from six weeks to six months to develop. Symptoms in children are usually less severe. Talk to your doctor if you have questions.

**HEPITITIS A**

Hepatitis A is a common contagious disease that begins two to six weeks after exposure.

**How is hepatitis A spread?**

The hepatitis A virus is spread when food or objects contaminated with feces from an infected person comes into contact with a non-infected person’s mouth. This is why it is very important for people to wash their hands after using the bathroom to avoid spreading the disease. The greatest risk of infection occurs when infected people handle food for others, provide childcare, or health care.

Hepatitis A is easily spread in the home or among small children at play. It can also be spread in restaurants. It is not often spread through normal school or work contact.

You can also get hepatitis A from:

- + Drinking or swimming in contaminated water
- + Eating raw clams and oysters that have been taken from polluted water

Once you've had hepatitis A, your body develops immunity to the hepatitis A virus, but your body is still vulnerable to the other forms of hepatitis.

## TREATMENT FOR HEPTITIS A

- + See a doctor and follow his/her advice
- + Get plenty of rest
- + Eat healthy food
- + Avoid alcohol and fatty foods
- + No medicine can cure hepatitis, so you must keep your body in good condition until the disease runs its course.



How long the illness lasts varies from person to person which is typically usually a few weeks to several months.

### ***Immune globulin***

If you've been recently exposed to the hepatitis A virus, you'll probably need a shot of immune globulin. Immune globulin is a disease-fighting part of blood that can prevent hepatitis A if administered shortly after exposure.

You should receive immune globulin as soon as possible after exposure to the virus, but no later than two weeks after contact with hepatitis A.

### ***Vaccination***

An approved vaccination can protect people from the hepatitis A virus. Doctors recommended that people of high risk for hepatitis A get the vaccine. Talk to your doctor if you think you are in a high risk group.

### ***Can skin be infectious?***

No, skin that is intact cannot be infectious. However, skin that has been broken by a recent injury, or skin and body tissue (dead or alive) that has been removed from the body, can be infectious if it belongs to a person infected with the viruses.

### ***Where on my body does infected blood or tissue have to "touch" me in order to transmit the virus?***

When infected blood makes contact broken skin, the virus has the potential to be transmitted. Inoculation through the skin (sharing needles) or onto skin that is cut open are also potential modes for transmission of these viruses. Blood contamination of the eye or mouth are other routes whereby infection can be spread.

Another mode of transmission of bloodborne infections not considered a workplace hazard is via sexual transmission.

### ***What do I do if I think there is a chance I have been exposed to a bloodborne disease while at work?***

You must speak with your supervisor immediately. An immune globulin injection may protect you if administered within a couple of days of the incident.

### ***How can I learn about "Universal Precautions?"***

A short video may be shown to you during a staff in-service meeting. Employees may also speak to a school nurse about the specifics of Universal Precautions, if there are more questions.

## SUMMARY

### PROTECT YOURSELF FROM BLOODBORNE DISEASES: IT'S THE LAW!

#### *What are bloodborne diseases?*

Bloodborne diseases are microscopic viruses, carried in a person's bloodstream, that are capable of causing diseases. Two examples are: Human Immunodeficiency Virus (HIV), the virus responsible for causing AIDS; and hepatitis B virus (HBV), the virus that can lead to one form of hepatitis.

#### *Is blood the only fluid that is infectious for HIV and HBV?*

No, any body fluid that is visibly contaminated with blood (like saliva during dental procedures) is an infectious substance. Semen and other body fluids that are not normally present in a school environment, such as spinal fluid, are also potentially infectious. The hepatitis B virus is more readily transmitted than HIV for any given incident with the exception of sexual contact. Saliva from a carrier contains the hepatitis B virus, but at a much lower concentration than in blood. Prolonged and frequent contact with the saliva of HBV carriers may increase the risk of transmission, but the same amount of contact with saliva containing HIV is not believed to predispose to disease. Urine and feces are not likely modes of transmission. Ingestion of breast milk from an infected mother is a mode of transmission for HIV, for which a safer alternative should be practiced.

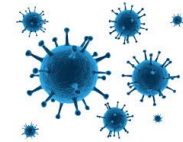
## HEPATITIS B

Hepatitis B is caused by a virus that is carried in blood and other body fluids. Some people can carry the virus in their blood for years (hepatitis B carriers). Carriers may not appear ill, yet still have the ability to infect others.

#### *How is Hepatitis B spread?*

Hepatitis B is primarily spread through contact with infected body fluids such as:

- + Blood
- + Saliva
- + Sexual secretions



In order for infection to occur, the infected fluid must either be injected or come in direct contact with a person's mucous membranes (inside the mouth, nose, genitalia, or rectum), or open wounds.

You cannot catch hepatitis B by sneezing, coughing, hugging, or other casual contact.

You can get hepatitis B from:

- + Sex with an infected partner
- + Shared needles or syringes
- + Tattoo and acupuncture needles, if not properly sterilized
- + Passing the virus from an infected woman to her fetus or infant during birth.



## ***Symptoms of Hepatitis B***

The symptoms of hepatitis B are similar to symptoms of hepatitis A, but develop much slower; anywhere from about six weeks to several months. Hepatitis B is more serious than hepatitis A because the symptoms last longer and the condition can become chronic or long-term. However, the treatment for hepatitis B is generally the same as the treatment for hepatitis A.

## **WAYS TO AVOID HEPATITIS B**



### ***Vaccinate!***

A vaccine is available to prevent hepatitis B. It is given in a series of three shots. Those who are at risk and should get the vaccine are:

- + People whose work exposes them to blood or other bodily fluids, such as healthcare and public safety workers.
- + People who have sex with a partner who is a hepatitis B carrier.
- + People who have multiple sex partners.
- + People who inject (shoot up) drugs.

Doctors recommended that all babies receive the hepatitis B vaccine because it can protect them from this serious illness.

### ***Sterilize!***

Needles and other instruments that penetrate the skin should be sterile; including needles used for tattoos, acupuncture, and drugs.

## **WRITTEN PROGRAM**

The last main component of a “Bloodborne Pathogen Control Plan” is the development of a written policy or plan of how your district intends to accomplish training, vaccinations, and waste disposal, including who in the district is responsible for meeting these obligations.

The written program will include the potential risks of exposure and will spell out how employees doing non-routine tasks will be informed of the hazards associated with your work area. The written program will also describe how contract employees in district facilities will be informed of the risk of exposure to bloodborne pathogens. The written program should always be available for your review.



The training requirements of Title 8, Section 5193 require an employer to allow for an opportunity for interactive questions and answers with the person conducting the training session.

# VACCINATION PROGRAM

Should you be an employee whose primary job duties include day-to-day exposure to blood and/or body fluids, your district is required to provide training and offer voluntary vaccination against HBV within 10 working days of your initial assignment at no cost to you. You must sign a statement acknowledging the district's offer and your decision to accept or decline the vaccination. You have the option to receive the vaccination when it is offered, or at a later date.

The HBV vaccine is administered in a series of three shots spaced out over six months. Side effects are minimal, but the vaccine is not recommended for persons who are allergic or hypersensitive to yeast.

The post-exposure program includes a voluntary option of having a sample of blood drawn and tested, then receiving the vaccine.

If you are exposed to blood or other potentially infectious material and report it, you have the right to a confidential medical evaluation. This evaluation will include important information about your exposure incident.



## ***Avoid risky behavior!***

If you have frequent casual sex or inject drugs, you are taking a risk with your health. Reduce your risk by using a condom during sex and don't share needles if you inject drugs.

## **HEPATITIS C**

A virus carried in blood and other bodily fluids causes hepatitis C. Some people can carry the virus in their blood for years (hepatitis C carriers). Carriers may not appear ill, yet are still able to infect others.

### ***Symptoms of Hepatitis C***

The symptoms of hepatitis C are similar to the other forms of hepatitis. Like hepatitis B, a person can have the hepatitis C virus for many years, show no signs of illness, and can also spread the virus to others.

### ***How is Hepatitis C spread?***

All the ways you can catch hepatitis C are unknown. However, the virus is usually spread by contact with an infected person's blood or sharing needles with an infected person. This means people who share needles to inject drugs or work with human blood can catch the virus. You cannot catch hepatitis C by sneezing, coughing, hugging, or other casual contact.



**Treatments for Hepatitis C**

If you have an active hepatitis C infection, there may be treatments your doctor can give you that may help you overcome the illness. It is very important to get medical help if you have hepatitis C.

**Ways to avoid Hepatitis C**

There is no treatment or vaccine available to prevent hepatitis C, so the best way to avoid catching it is to avoid high-risk behaviors. If you must inject drugs, do not share needles. Limit the number of sex partners you have. When you do have sex, use a condom.

| Common Ways to Catch Viral Hepatitis |   |   |   |
|--------------------------------------|---|---|---|
|                                      | A | B | C |
| Contaminated food                    | ● |   |   |
| Contaminated water                   | ● |   |   |
| Family members                       | ● |   |   |
| Shared needles                       | ● | ● | ○ |
| Blood products                       |   | ● | ● |
| Oral                                 | ● | ● | ○ |
| Sexual                               |   | ● | ○ |
| Mother to infant                     |   | ● | ○ |

Confirmed transmission           ●  
 Suspected but not proven       ○

**METHODS FOR HANDLING BIOHAZARDOUS WASTE**

Biohazardous waste must be separated into Sharp’s containers, regulated waste, or non-regulated medical solid waste containers.

If your job requires you to handle containers of sharp instruments, you should keep them closed until they are removed for disposal. If there is a possibility of leakage, place the container inside an appropriate secondary container.

Waste that is contaminated with blood and other body fluids, must be placed in properly labeled “red bags” before they can be taken to a disposal facility. The container must be kept closed.

You may dispose of non-regulated waste, which is any contaminated item that contains dried blood or has been rinsed into a drain connected to a sanitary sewer, as regular trash.

Whenever you use a drain to dispose of blood or other body fluids, you should immediately clean the surface with soap and water, then disinfect with bleach.





# KNOW WHERE to THROW!

## BIOHAZARD RED BAG WASTE

Fluid blood  
Blood-saturated items  
Bags and IV tubing containing blood products  
Suction canisters  
Hemovacs  
Chest drainage units  
Hemodialysis products

### THESE DON'T GO in the red bag:



EPA  
Funded by US EPA

For more information, contact:

These instructions are valid only in California.

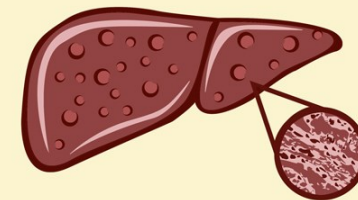
Additional copies: <http://www.dhs.ca.gov/medwaste>

*If you are exposed to any form of viral hepatitis, see your doctor.*

Viral hepatitis is a very serious disease that affects the liver, a vital organ in your body. Some cases of hepatitis are very mild. You should always get proper medical care if you have any form of hepatitis. **See a doctor.**

If you've been exposed to hepatitis A or B, your doctor may be able to give you protective shots that might keep you from becoming ill and spreading the disease to others. Your doctor also needs to report hepatitis to the health department so that steps can be taken to keep the disease from spreading throughout the community.

**Hepatitis C**, or "hep C," is an infection that causes liver inflammation.



The main method of transmission is contact with the blood of an infected person.

## HIV + AIDS

---

**Acquired immune deficiency syndrome, or AIDS, was first reported in the United States in mid-1981. In 2013, an estimated 47,352 people were diagnosed with HIV infection in the United States.**

---

### ***What is AIDS?***

AIDS is a serious condition that destroys the body's natural defenses against disease and infection. People with AIDS are more likely to develop serious illnesses which would not normally effect her/him if her/his immune system was healthy.

### ***What causes AIDS?***

A virus called human immunodeficiency virus (HIV) causes AIDS, the final stage of the HIV infection.

### ***How is HIV spread?***

HIV is spread primarily through the direct exchange of blood, semen or vaginal secretions. A person may become infected with HIV by:

- + Having vaginal, anal, or oral sex with an infected person.
- + Sharing intravenous (IV) needles used for injecting drugs, vitamins, or other medications with an infected person.
- + Passing the virus from an infected woman to her fetus or infant during birth or breast-feeding.
- + Getting infected blood or blood products (mostly from transfusions before April 1985).

Although HIV has been found in saliva, no cases have been traced to it.

In the event of a needle stick injury:

- + See your site nurse or workers' compensation delegate for a Sharps Injury Log (see sample, page 36).
- + Complete the appropriate accident report form, i.e. Workers' Compensation, student, etc.
- + Send all of the paperwork to the Workers' Compensation delegate.

### ***CPR***

Should you have to perform CPR, with proper training you may use resuscitation devices to protect yourself.

### ***Toileting***

- + Put all needed materials in a convenient place before starting a procedure. Use gloves.
- + Have the pupil sit on a toilet or potty seat. Never leave the pupil unattended. He or she should sit no longer than ten minutes.
- + Teach the pupil how to wipe himself or herself (from front to back) after the pupil has finished.
- + Clean the perineal and rectal areas with wet disposable wipes if the pupil has not wiped the area completely clean.
- + Have the pupil wash their hands before he or she leaves the bathroom.
- + Disinfect the toilet or potty seat; rinse and dry the surface.
- + Empty the potty bowl and rinse it.
- + Wash your hands.



## WORK PRACTICES

### ***Cleaning up spills***

Cleaning up spills can be as important as hand washing in preventing the spread of disease because some viruses can remain alive on contaminated surfaces for up to a week. To protect yourself when cleaning, follow these procedures:

- + Gloves must be worn to clean up all body fluids.
- + Absorb a large amounts of liquid with sawdust or a similar commercially prepared product.
- + Clean the area with soap, water, and disposable towels.
- + After the area has been cleaned with soap and water, disinfect it with an EPA-approved disinfectant.
- + The towels, sawdust, and gloves used in cleanup should be discarded in a double plastic bag.
- + Always wash your hands afterwards.

### ***Needle stick procedures***

If your job calls for using sharp instruments that may penetrate the skin, handle them carefully and dispose of them in a sharps container. Do NOT recap needles using your hands. There are one-hand techniques that can be employed with certain needles and there are engineered sharps injury protection devices that reduce the risk of an exposure incident. Contact a medical supply vendor or resource physician for specific information.



### ***What are the symptoms of HIV infection?***

Often people recently infected with HIV do not show any symptoms. However, after several months or years, the following symptoms may appear:

Symptoms specifically related to women include:

- |   |                |
|---|----------------|
| + Swollen lymph glands                    | + Weight loss  |
| + Loss of appetite                        | + Fatigue      |
| + Diarrhea                                | + Night sweats |
| + Mental health disorders                 | + Fever        |
| + Raised purple spots on skin             | + Dry cough    |
| + Thrush (white spots on tongue or mouth) |                |

Neither of these symptoms alone means a person is HIV infected. However anyone with a combination of these symptoms that continue for more than two weeks should seek medical care.

### ***How long after becoming infected with HIV does a person develop AIDS?***

After infection, it may take anywhere from six months to 10 years and possibly longer to develop symptoms. As more is learned about AIDS, overwhelming evidence suggests that most, if not all people with a positive HIV antibody blood test, will develop AIDS or an illness related to HIV infection.

### ***Is there a cure for HIV infection?***

No, there is no known cure. Some antiretroviral medications such as azidothymidine (AZT) and dideoxyinosine (DOI) have been successful in prolonging the lives of people who are infected with HIV or who have AIDS. There has also been some success in using radiation and surgery to treat the various illnesses of AIDS.

### ***How can you help stop the spread of HIV?***

Abstinence (not having sex) and having sex with only one uninfected life-long partner are the only true ways not to spread HIV sexually. Some other ways to reduce the spread of HIV are:

- + Using a condom during vaginal, anal, or oral sex. For more protection, use a spermicide (contraceptive foam, jelly or cream) containing nonoxynol-9 with the condom.
- + Not using drugs. Do not share needles or syringes used to inject IV drugs, vitamins, or other medications with other people.
- + Not having sex with a person who has had many sexual partners, shares IV drug needles, is infected with HIV, or has AIDS.

Health care, laboratory, and emergency response personnel should follow recommended safety procedures from the Centers for Disease Control when handling *any* blood or tissue sample from *any* patient, whether or not it is suspected the person is infected with HIV or has AIDS.

**Wash Your Hands**

**Protect yourself. Prevent disease!**

**Lávese las manos**  
**Hãy rửa tay**  
**Hugasan ang iyong mga kamay**

**請洗手**  
**手を洗いましょう。**  
**손을 씻으십시오**

**CDPH**  
California Department of Public Health

A message from your local health officer and the California Department of Public Health  
Division of Communicable Disease Control.

MM-819 (11/04)

## HANDWASHING

Vigorous and thorough hand washing is the single most effective means of preventing the spread of any infection. When you cannot wash your hands immediately with soap and water, use an antiseptic hand cleanser. Lathering with soap and water for 15 seconds reduces bacteria by 90%. Lathering with soap and water for 30 seconds reduces bacteria count by 99.9% . You must also dry your hands for at least 20 seconds.

With waterless hand sanitizers, you need to cover all of the surfaces of your hands—the tops, palms, and between the fingers. For the hand sanitizer to be effective, you must scrub vigorously until all of the moisture has evaporated from your skin.

If blood or other body fluids get in your eyes, nose, or mouth, immediately flush the exposed area with water for at least 15 minutes.

*A few tips to help you stay healthy:*

### **WASH... WASH... WASH...**

- + Always wash your hands before eating or preparing food.
- + Always wash your hands after using the bathroom.
- + Teach your children the importance of good handwashing.
- + Wash your hands thoroughly after changing diapers.
- + Avoid sexual activity that may expose you to feces.

*Reduce the risk of catching or spreading hepatitis A.*

*Wash your hands!*

People who are infected with HIV should postpone pregnancy and not breast-feed. Sharing personal items such as razors and toothbrushes that may be contaminated with small amounts of blood is also not recommended. Furthermore, people with HIV should not donate blood, blood products, ova, organs, or sperm.

### ***Is there danger of getting HIV from donating blood?***

No, there is no danger of getting HIV from donating blood. Blood banks and plasma centers use sterile equipment and disposable needles. However, this may not be the case in other countries.

### ***Is there a danger of getting HIV by receiving blood/blood products?***

Yes, there is some risk of getting HIV by receiving blood/ blood products, but testing has lowered the risk of transmission. Blood and plasma donations in the United States have been tested for HIV antibodies since April 1985. This testing may not be done in some countries.

### ***Is there a test for HIV infection?***

Yes, there is a test for HIV infection. The current test available is designed to detect HIV antibodies, substances produced in the blood to fight the virus after it enters the body.

Note the following facts on HIV and the HIV test:

- + The presence of HIV antibodies means that a person has been infected with HIV and can transmit the virus to others.
- + Because it takes the body anywhere from six weeks to six months or even longer to develop antibodies after infection, the test may not detect the antibodies in a recently infected person.
- + An infected person can transmit the virus to others even before the test can detect the antibodies.

#### ***Where is the HIV antibody test available?***

Check with your regular source of medical care to see if the test is offered or contact the County Department of Health Services to get information on testing sites where you can anonymously (no names taken) and without charge, be tested.



## **UNIVERSAL PRECAUTIONS TO REDUCE OR ELIMINATE EXPOSURE**

According to the concept of Universal Precautions, all human blood and certain human body fluids are treated as if known to be infectious materials. Keeping your skin in tact is your most effective precaution against bloodborne pathogens. Additional precautions should be taken while performing CPR to avoid contact through your mouth and nose.

### **PERSONAL PROTECTIVE EQUIPMENT**

Because of the serious nature of bloodborne pathogens, you should take precautions to prevent the remote transmission of these diseases. Personal protective equipment can protect the wearer from getting organisms on the skin and on mucous membranes. Use personal protective equipment whenever working with body fluids. Ask your supervisor if you are not sure about which personal protective equipment is appropriate for the task you are doing.