

REGULATIONS FOR HANDLING BODY FLUIDS IN SCHOOL

The following procedures/precautions should routinely be used throughout the school system to minimize the risks of transmission of communicable diseases. These guidelines provide simple and effective precautions for all persons including pregnant women potentially exposed to the body fluids of any student. They will be updated as new information/recommendations are available from these State Department of Health, Division of Epidemiology.

“Body Fluids” applies to blood, drainage from scrapes and cuts, feces, urine, vomitus, saliva, and drainage from any orifice (i.e. nose, ears).

Direct skin contact with body fluids of others should be avoided when possible:

Gloves should routinely be worn when direct hand contact with body fluids is anticipated; treating bloody noses, doing hemacrits, handling clothes soiled by incontinence or vomit, cleaning small spills by hand, etc.

Gloves and other materials used for this purpose should be put in a plastic bag or lined trash can. Plastic bags should be changed daily and disposed of routinely. Double bagging can be used when indicated (known high risk contamination).

Gloves should be kept in all areas of high risk, e.g., health room, maintenance areas, main office, any classroom where risk of spills is particularly high.

Students should be taught to handle their own “body fluids” as appropriate (for age, state of health, etc.) when feasible, students should dispose of own Kleenex after blowing nose, apply pressure to nose and dispose of Kleenex/paper towels used for bloody nose, wash own scrapes/cuts, etc.

Students should be taught good hand washing technique and encouraged to use it routinely-before eating, after toileting, after vomiting, etc.

When direct skin contact or contamination of materials occurs from unanticipated skin contact with body fluids (helping a child in the bathroom, vomiting, etc.) proper cleaning technique should be followed.

Hands and other affected skin areas of exposed persons should routinely be washed with soap and water after contact. Liquid soap dispensed from a wall dispenser is preferable to bar soap – especially bar soap which sits in a pool of water.

Clothing items that are soaked through to the skin should be removed, placed in a plastic bag and sent home for laundering. Items laundered for school use, or in school, should be washed in a hot water cycle (160 degrees F.) before reuse. One cup of Clorox added to the wash is recommended when feasible.

Contaminated disposable items (tissues, paper towels, diapers) should be handled with disposable gloves.

Spilled body fluids should be removed from the environment by proper cleaning technique.

Grossly contaminated environmental surfaces should be thoroughly cleaned with a freshly prepared solution containing one cup of household bleach per gallon of water. A germicide (e.g. Lysol) can be substituted if a bleach solution is unavailable. Disposable gloves should be worn.

Wastes and disposable cleaning equipment should be placed in a toilet or plastic bag as appropriate. Non-disposable cleaning equipment (mops, buckets) should be thoroughly rinsed in a bleach solution (as above). The bleach solution should be disposed of promptly down a drain pipe.

Maintenance responsibilities should include daily cleaning with bleach/germicide as in (a) above in all areas of high risks for contact with body fluids such as the health room, health room toilet(s), sink(s), student and staff lavatories, etc. Plastic bags should also be changed daily and disposed of routinely; disposable gloves should be worn.

Spilled body fluids on carpets should be disposed of by routine use of a moisture absorbent which is then swept/vacuumed, followed by washing carpet with carpet cleaner, etc.

The clothing of persons at high risk for frequent contact with body fluids should be protected.

Lab coats for use in the health room when tending sick children is recommended (Dr. J. Hadler, Department of Epidemiology, State Department of Health). A lab coat will protect the nurse's clothing from contamination with body fluids and can be removed when he/she goes outside of the health room for nonclinical responsibilities. Such procedures help to prevent unknown transmission of disease. Clothing and lab coats should be laundered as above.

Examples of infectious agents and transmission concerns by body fluid source in the school setting:

<u>Body Fluid</u>	<u>Organisms</u>	<u>Transmission Concern</u>
Blood: cuts/abrasions nosebleeds menses	Hepatitis B virus AIDS virus Cytomegalovirus	Bloodstream inoculation through cuts and abrasions on hands
Feces: incontinence	Salmonella bacteria Shigella bacteria Rotavirus Hepatitis A	Oral inoculations from contaminated hands
Urine: incontinence	Cytomegalovirus	Bloodstream and oral inoculation from contaminated hands

Respiratory Secretions:
saliva
hands
nasal discharge

Mononucleosis virus
Common cold virus
Influenza virus

Oral inoculation from
contaminated hands

AIDS virus.....Bloodstream inoculation
through cuts and
abrasions on hands

Vomit

Gastrointestinal
virus, e.g. Norwalk

Oral inoculation from
contaminated hands

SOURCE: Hamden Public School, Hamden, New Jersey
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