

HANDLING BODY FLUIDS IN THE SCHOOLS

523.5-Rule

The following guidelines are meant to provide simple and effective precautions against transmission of disease for all persons potentially exposed to the blood or body fluids of any person. No distinction is made between body fluids from persons with a known disease and those from persons without symptoms or with an undiagnosed disease.

- 1) The body fluids of all persons should be considered to contain potentially infectious agents (e.g. bacteria and viruses). The term "body fluids" includes: blood, semen, drainage from scrapes, cuts and open lesions, feces, urine, vomitus, respiratory secretions (e.g. nasal discharge) and saliva. Contact with body fluids presents a risk of infection with a variety of infectious agents. In general, however, the risk is very low and dependent upon a variety of factors, including the type of fluid with which contact is made, and the type of contact made with such fluid.

It must be emphasized that with the exception of blood, which is normally sterile, the body fluids with which one may come in contact usually contain many organisms, some of which may cause disease. Furthermore, many infectious agents may be carried by individuals who have no symptoms of illness. These individuals may be at various stages of infections: incubating disease, mildly infected with symptoms, or chronic carriers of certain infectious agents, including the HIV and hepatitis viruses. In fact, transmission of communicable diseases is more likely to occur from contact with infected body fluids of unrecognized carriers than from contact with fluids from recognized individuals because simple precautions are not always followed.

- 2) When possible, direct skin contact with body fluids should be avoided. Disposable gloves should be available in at least the office of the custodian, nurse, or principal. Gloves are required when in direct contact with body fluids (e.g. treating bloody noses, handling clothes soiled by incontinence, cleaning small spills by hand). Gloves used for this purpose should be put in a plastic bag or lined trash can, secured and disposed of daily.
- 3) When anticipated skin contact with body fluids occurs where gloves may not be immediately available (e.g. when wiping a runny nose, applying pressure to a bleeding injury outside the classroom, helping a child in the bathroom), these procedures should be followed:
 - a) Hands and other affected skin areas of all exposed persons should be routinely washed with soap and water after direct contact has ceased.

- b) Clothing and other nondisposable items (e.g. towels used to wipe up body fluid) that are soaked through with body fluids should be rinsed and placed in plastic bags. If resoaking is required to remove stains (e.g. blood, feces), use gloves to rinse or soak the item in cold water prior to bagging. Clothing should be sent home for washing with appropriate directions to parents/teachers.
 - c) Contaminated disposable items (e.g. tissues, paper towels, diapers) should be handled as with disposable gloves.
- 4) Standard procedures should be used for removing body fluids (e.g. vomitus). These procedures should be reviewed regularly to determine whether appropriate cleaning and disinfection steps have been included.
- a) Stock sanitary absorbent agents specifically intended for cleaning body fluid spills will be used in the school district. Disposable gloves should be worn when using these agents.
 - b) The dry materials should be applied to the area, left for a few minutes to absorb the fluid, and then vacuumed or swept up. The vacuum bag or sweepings should be disposed of in a plastic bag. The broom and dustpan should be rinsed in a disinfectant. No special handling is required for vacuuming equipment.
- 5) Hands should be thoroughly washed whenever contact has been made with body fluids. Proper hand washing requires the use of soap and water and vigorous washing under a stream of running water for approximately ten seconds. Soap suspends easily removable soil and micro-organisms allowing them to be washed off. Running water is necessary to carry away dirt and debris. It is important to rinse under running water and to use paper towels to thoroughly dry hands.
- 6) Disinfectants. An intermediate level disinfectant should be used to clean surfaces contaminated with body fluids. Such disinfectants will kill vegetable bacteria, fungi, tubercle bacillus and viruses. The disinfectant should be registered by the U. S. Environmental Protection Agency (EPA) for use as a disinfectant in medical facilities and hospitals. Various classes of disinfectants are listed below.

Hypochlorite solution (bleach) is preferred for objects that may be put in the mouth.

- a) Ethyl or isopropyl alcohol (70 percent)
- b) Phenolic germicidal detergent in a 1 percent aqueous solution (e.g. Lysol)
- c) Sodium Hypochlorite with at least 100 ppm available chlorine (1/2 cup household bleach in one gallon water, needs to be freshly prepared each time it is used).
- d) Hydrogen peroxide (3 percent solution)

- e) Quaternary ammonium germicidal detergent in 2 percent aqueous solution (e.g. Triquat, Mytar or Sage).
 - f) Iodophor germicidal detergent with 500 ppm available iodine (e.g. Wescodyne)
 - g) Heat (56 degrees C. for ten minutes)
- 7) Disinfection of Hard Surfaces and Care of Equipment. After removing the soil, a disinfectant should be applied. Mops should be soaked in the disinfectant after use and rinsed thoroughly, or washed in a hot water cycle before rinse. Disposable cleaning equipment and water should be placed in a toilet, or plastic bag, as appropriate. Nondisposable cleaning equipment (dustpans, buckets) should be thoroughly rinsed in the disinfectant. The disinfectant solution should be promptly disposed of down a drain pipe. Remove gloves and discard in appropriate receptacles.
- 8) Disinfection of Rugs. A sanitary absorbent agent should be applied, allowed to dry and then vacuumed. If necessary, mechanically remove with a dustpan and a broom, then apply rug shampoo (a germicidal detergent) with a brush and re-vacuum. The dustpan should be rinsed, and the broom should be disinfected. The brush should be washed with soap and water. Nonreusable cleaning equipment should be disposed of as noted in Item 7) above.
- 9) Laundry Instructions for Clothing Soiled with Body Fluids. The most important factor in laundering clothing contaminated in the school setting is elimination of potentially infectious agents by soap and water. Addition of bleach will further reduce the number of potentially infectious agents. Clothing soaked with body fluids should be washed separately from other items. Presoaking may be required for heavily soiled clothing. Otherwise, clothing should be washed and dried as usual. If the material is bleachable, 1/2 cup of household bleach should be added to the wash cycle. If the material is not colorfast, 1/2 cup of non-clorox bleach should be added to the wash cycle..

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Waunakee Community School District