

CFISD COMPLIANCE COURSE (2020-21)

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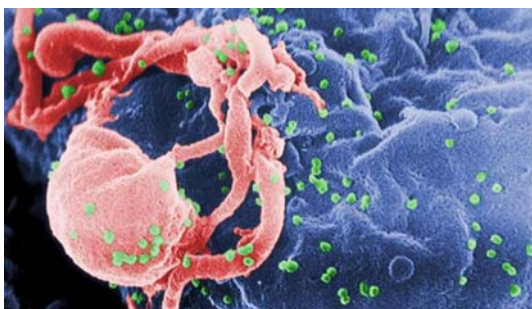
Module 1: Bloodborne Pathogens ?

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Introduction ⌵ ⚙ 🔍 ✕



Bloodborne pathogens are microorganisms that can live in human blood and spread disease. Viruses and bacteria are the most common and can enter the body through the mouth/nose, mucous membranes, breaks in skin, and sexual contact.

Exposure to pathogens in blood of other potentially infectious materials (OPIM) can spread disease.

The pathogens of primary concern are:

- Human Immunodeficiency Virus (HIV)
- Hepatitis B Virus (HBV)
- Hepatitis C Virus (HCV)



Click this link to access CFISD's BBP Exposure Control Plan in DBB (REGULATION).

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Human Immunodeficiency Virus (HIV)



Human Immunodeficiency Virus (HIV) is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells. HIV is transmitted through infected blood, semen, or vaginal fluids that come in contact with a mucous membrane or damaged tissue or directly injected into the bloodstream. T cells are special cells that help the immune system fight off infections. Over time, HIV can destroy so many of these T cells that the body can't fight off infections and disease. Untreated, HIV reduces the number of CD4 cells (T cells) in the body. This damage to the immune system makes it harder and harder for the body to fight off infections and some other diseases. Opportunistic infections or cancers take advantage of a very weak immune system and signal that the person has AIDS.

HIV is short lived outside of the human body.

There is no vaccine available for HIV.

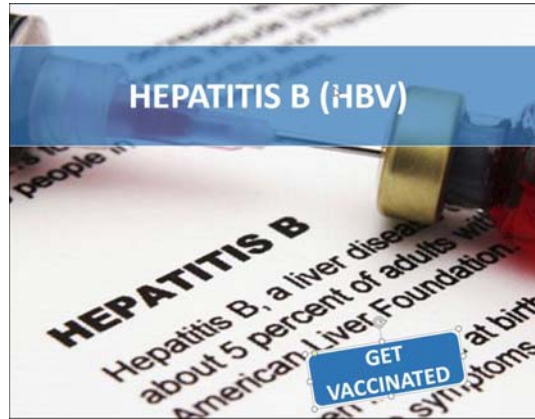
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Hepatitis B (HBV)



- Hepatitis B (HBV) is a liver infection that is transmitted through a skin puncture or mucosal contact with infectious blood or body fluids. Hepatitis B is transmitted when blood, semen, or another body fluid from an infected person enters the body of a person who is not infected. This may occur through sexual contact, sharing needles, syringes or other drug-injection equipment, or from a mother to a baby at birth. For most people, Hepatitis B is an acute or short-term illness, but for others, it can become a long-term chronic infection. Acute symptoms can last up to 6 months and include: fever, fatigue, loss of appetite, nausea/vomiting, and abdominal pain. Chronic disease (5% of adult cases) can lead to serious health issues, such as cirrhosis or liver cancer.
- Hepatitis B can survive outside of the human body for at least 7 days.
- The best way to prevent Hepatitis B is by getting vaccinated. HBV vaccination is recommended for all health care workers (unless they are immune due to previous exposure). HBV vaccination has proven highly effective in preventing infection in workers exposed to HBV. However, no vaccine exists to prevent HIV or HCV infection.

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Hepatitis C (HCV) is a liver infection caused by the Hepatitis C virus and is transmitted through a skin puncture or more rarely a mucosal contact with infectious blood or body fluids. Today, most people become infected with the Hepatitis C virus by sharing needles or other equipment used to inject drugs. For some people, Hepatitis C is a short-term illness, but for 70-80% of those who become infected, Hepatitis C becomes a long-term chronic infection. Chronic Hepatitis C is a serious disease that may result in long-term health problems and even death. The majority of infected persons might not be aware of their infection because they are not clinically ill. Symptoms are rare but can include fever, fatigue, loss of appetite, nausea/vomiting, and abdominal pain. Chronic disease (70-80% of adult cases) can cause cirrhosis (scarring of the liver) or liver cancer.

There is no vaccine for Hepatitis C. The best way to prevent Hepatitis C is by avoiding behaviors that can spread the disease, especially injecting drugs.

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Question 2    

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Think about it...

For which of the following is a vaccine available?

Multichoice

Answer 1: Hepatitis B

Response 1 That is correct! There is a vaccine available that helps protect you from contracting Hepatitis B.

Score 1

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Answer 2: HIV

Response 2 That is incorrect! There is a vaccine available that helps protect you from contracting Hepatitis B.

Score 0

Jump Next page

Answer 3: Hepatitis C

Response 3 That is incorrect! There is a vaccine available that helps protect you from contracting Hepatitis B.

Score 0

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Question 3    



Think about it...

True or False.

Bloodborne pathogens are transmitted through inhaling germs from an infected person.

Multichoice

Answer 1: True

Response 1 That is incorrect.

BBPs may be present in bodily fluids containing visible blood, semen, and vaginal secretions, or torn or loose skin. BBP's are not transmitted through inhaling germs from an infected person.

Score 0

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Answer 2: False

Response 2 That is correct!

BBPs may be present in bodily fluids containing visible blood, semen, and vaginal secretions, or torn or loose skin. BBP's are not transmitted through inhaling germs from an infected person.

Score 1

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Workplace Controls Overview    



Workplace Controls include the following:

- Proper disposal of sharps.
- Select and wear appropriate PPE (Personal Protective Equipment).
- Minimize splashing, spraying, or misting of fluids.
- Proper decontamination of the environment.
- Eating and drinking only in designated employee areas after thorough hand washing.
- Proper and frequent hand washing and/or sanitizing.

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Hand Washing



Hand washing is like a "do-it-yourself" vaccine!

It involves five simple and effective steps:

- Wet
- Lather
- Scrub
- Rinse
- Dry

Hand washing reduces the spread of diarrheal and respiratory illnesses, so you can stay healthy.

Regular hand washing, especially after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. When hand washing isn't possible, alcohol-based hand sanitizers should be used and followed by hand washing as soon as possible.

Hand washing remains the most effective prevention against bloodborne pathogens in the workplace.

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Question 3



Think about it...

What is the most effective prevention against bloodborne pathogen transmission in the workplace?

Multichoice

Answer 1: hand washing with antibacterial soap

Response 1 Correct! REMEMBER: Your first line of defense for protecting yourself against bloodborne pathogens and flu-like illnesses is proper hand washing techniques.

Score 1

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Answer 2: isolation

Response 2 Sorry, that is incorrect. REMEMBER: Your first line of defense for protecting yourself against bloodborne pathogens and flu-like illnesses is proper hand washing techniques.

Score 0

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How Can I Protect Myself?



Treat all blood as if it were contaminated.

Needle stick Injuries:

Avoid recapping needles and use designated sharps containers for needle disposal.

Past studies have shown that needle stick injuries are often associated with recapping needles or failing to dispose of used needles properly in puncture-resistant sharps containers.

Personal Protective Equipment (PPE)

Personal Protective Equipment (PPE) should be selected specific to the employee task and should always be worn when an employee may come into contact with blood or other potentially infectious material (OPIM).

PPE includes clothing or other equipment worn by an employee to protect against a hazard including, but not limited to, fluid resistant gloves, gowns, face shields, masks, eye protection, and pocket masks.

PPE is appropriate when it does not permit blood or other potentially infectious materials (OPIM) to reach the employee's work clothes, undergarments, skin eyes or other mucous membranes.

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Proper Use of Gloves ⚙️ 🔍 ✖️



Gloves protect hands from contact with blood or other potentially infectious material (OPIM).

Disposable gloves should be **used once and discarded** in an appropriate waste container.

Utility gloves may be decontaminated but should be discarded when any cracks, peeling, tears, punctures or any other damage occurs.

Proper Glove Removal Procedures

1. Pinch and hold the **outside** of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside out.
3. Pull the glove away until it is removed from the hand, holding the inside out glove with the gloved hand.
4. With your ungloved hand, slide your fingers under the wrist of the remaining glove. **Do not touch** the outer surface of the glove.
5. Peel downwards away from the wrist, turning the glove inside out.
6. Continue to pull the glove down and over the inside out glove being held in your gloved hand.

See the diagram below:



Please Note: **Thorough hand washing should always follow glove removal.**

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Other Precautions ⚙️ 🔍 ✖️



Cleaning Broken Glass

When cleaning broken glass, use appropriate tools for pick up, never use your bare hands, and place glass in a non-perishable container for disposal.

Workers and employers are urged to take advantage of available engineering controls and work practices to prevent exposure to blood and other body fluids during all cleaning procedures.

Cleaning Blood or Other Potentially Infectious Material (OPIM)

Always wear gloves and follow the CFISD Operational Department Bloodborne Pathogens and Body Fluid Procedures. These procedures are found in the Head Custodian Binder on each campus and in the intranet inside.cfisd.net under Policies.

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Possible Exposures

Possible exposures may include eye, mouth, mucous membrane, non-intact skin contact with blood or OPIM, or sustaining a bite from a person with a bloodborne illness.

Each of the very small number of documented cases involving bites has resulted from severe trauma with extensive tissue damage and the presence of blood. There is no risk of transmission if the skin is not broken.

What to Do if Exposed

Follow the following procedures:

- Flush mucus membranes with water
- Wash hands/affected area with soap and water
- Report to Supervisor
- Supervisor makes referral to Workers' Compensation Reporter

If follow-up care is indicated, the supervisor will make a Workers' Compensation referral.

Obtain appropriate Workers' compensation documentation and see a Workers' Compensation approved and licensed Health Care Professional.

Post Exposure Follow-up

Following exposure the following steps will be taken:

- Confidential medical exam with Licensed Health Care Provider
- Optional blood testing
- Preventative treatment and counseling
- Follow-up with Health Care Provider for any symptoms of illness

Post exposure treatment might include vaccination, immunoglobulin injections, or other drugs.

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Question 5



Think about it...

If you are exposed to bodily fluids in the workplace, flush the exposed area thoroughly with water, wash hands and the affected area with soap and water, and report the exposure to your supervisor.

Multichoice

Answer 1: True

Response 1 That is correct! If you are exposed to bodily fluids in the workplace, flush the exposed area thoroughly with water, wash hands and the affected area with soap and water, and report the exposure to your supervisor.

Score 1

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Answer 2: False

Response 2 That is incorrect! If you are exposed to bodily fluids in the workplace, flush the exposed area thoroughly with water, wash hands and the affected area with soap and water, and report the exposure to your supervisor.

Score 0

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Contact



Have any questions about bloodborne pathogens? Click the link to email your CFISD contact person.

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