Universal Precautions
What are universal precautions?

- Set of guidelines we follow intended to give us the greatest level of protection possible against infectious Diseases.

- Not just the blood borne illnesses like hepatitis and aids, but the colds and flu also.
What are body fluids?

- Blood
- Saliva
- Tears
- Sweat
- Emesis (Vomit)
- Respiratory Secretions
- Urine
- Feces
- Semen
- Vaginal Secretions
Rule 1: All body fluid is contaminated.

Rule 2: \( B + P = S \)

- **B** is blood or any body fluid.
- **P** is protection in the form of a barrier between you and the body fluid.
- **S** is Safety
First line of defense.

- Hand washing with soap and water for 30 seconds.
  - Before eating
  - After bathroom breaks
  - After coughing and sneezing (encourage the use of Kleenex)
  - After injuries (cuts and scrapes)
- Waterless hand sanitizer is helpful but should not totally replace hand washing with soap and water
Protective barriers

- Use gloves when dealing with exposure to body fluids.
- Keep open wounds covered with bandages until healed to prevent the possibility of infection.
- Do not forget to wash hands!
Contaminated articles.

- Custodians have specific cleaners to use for vomit, blood, etc.
- Clean up soiled surfaces immediately with disinfectant or bleach solution. 1 part bleach to 9 parts water.
- Dispose of contaminated items in a sealed plastic bag.
- If you have a contamination event in your classroom, notify the desk immediately.
Immunizations.

- Keep immunizations up-to-date.
- Hepatitis B vaccine is available at any doctor or health department. (series of three injections)
Remember!

- When dealing with body fluids, consider all as being infected with a disease that you do not want to have.
- Use a barrier between you and the body fluid and do not forget to wash hands afterwards.
Goal:
Maintain a safe and healthy environment