



## UNIVERSAL PRECAUTIONS

**UNIVERSAL PRECAUTIONS:** Are precautions/guidelines appropriate for preventing the spread of ALL infectious disease. UNIVERSAL PRECAUTIONS are through hand washing, gloving when needed, and proper disposal of contaminated wastes.

This routine use of appropriate precautions by the staff regardless of knowledge of germs present in the individual student's blood, saliva, nasal discharges, vomit, urine, or feces prevents the transmission/spread of disease and protects the staff.

### BASIC HYGIENE GUIDELINES

1. Hand washing should be used routinely especially before and after eating and using the toilet.
2. Use disposable gloves when exposed to body fluids other than your own. They are available through stock catalog.
3. Use gloves routinely when giving first aid that involves blood or other body fluids (i.e. vomit.) Gloves must be changed and hands washed between each person/contact\*.
4. Household bleach in a 1:10 solution has been found to be a very effective disinfectant/anti-viral agent. Bleach is also available through the district stock catalog. Solution is to be mixed daily because it loses its potency through evaporation.

\* The use of gloves does not eliminate the need for hand washing.

When handling the discharges from another person's body, always use these precautions. Use of UNIVERSAL PRECAUTIONS removes the need to know which persons are infected with which germs in the school setting.

**HANDWASHING:** Facilities should include soap, preferably in liquid or powdered form, from a dispenser. (Bar soap, with multiple uses becomes contaminated.) Hand washing should be done before rendering first aid and after caring for students. Hands are to be washed after removing gloves.

**GLOVES:** Are to be worn by staff members who administer first aid involving blood, open wounds, or handling of body fluids. Disposable gloves should be standard components of first aid supplies. They should be readily accessible to school health offices, cafeterias, and athletic training rooms.

**TRASH DISPOSAL:** Waste containers double lined with plastic bags : and marked appropriately are recommended for disposal of trash containing blood or anybody spills that may contain blood. If needles, syringes, or lancets are used in the school setting, these contaminated sharps should be placed in a puncture proof container. Do not bend or break needles. Do not recap needles.

**CPR:** Devices that prevent back flow of fluids from the mouth of a victim being given CPR should be readily accessible to those persons CPR certified and most likely to be the rescuers in the school setting.