

**BEMIDJI AREA SCHOOLS  
EMPLOYEE RIGHT TO KNOW**

**INFORMATION SHEET ON HIV AND HBV  
(BLOODBORNE PATHOGENS)**

**DISEASES**

\*HIV (Human Immunodeficiency Virus)  
A viral infection that attacks the immune system and causes AIDS. Life threatening.

\*HBV/HCV (Hepatitis B & C Virus)  
A viral infection that invades the liver. Potentially life threatening.

**SYMPTOMS**

\*HIV  
-swollen lymph glands  
-recurrent fever, night sweats  
-rapid weight loss  
-constant fatigue  
-diarrhea and decreased appetite  
-yeast infections or other blemishes of the mouth  
-other opportunistic illness will occur which means the person has AIDS

\*HBV/HCV  
-fatigue  
-loss of appetite  
-mild fever  
-aching muscles  
-nausea and vomiting  
-diarrhea  
-jaundice  
-itching skin  
-dark urine or light colored  
-symptoms may take up to 6 weeks to 6 months to appear & may last for weeks to months

**MODES OF TRANSMISSION**

Both diseases are transmitted through contact with infected body fluids.

**Body Fluid Source**

\*HIV AND HBV/HCV

- Blood
  - Cuts, abrasions areas, nosebleeds
  - Menses, contaminated needles
- Semen
- Vaginal Secretions
- Feces, urine, vomit (only if blood is present in these fluids)
- Saliva
- Breast Milk (HIV)

**Transmission Concern**

\*HIV AND HBV/HCV

- Bloodstream enters through cuts, abrasions, open skin
- Direct entry into bloodstream
- Oral, through sores in mouth
- Sexual Contact

## PREVENTION

The most simple and effective means of protection against HIC and HBV/HCV is to avoid contact with body fluids that are possibly infected.

## EXPOSURE PROCEDURE PLAN

Special steps need to be taken when and EXPOSURE INCIDENT happens.

EXPOSURE is defined as: contact with blood or other body fluid with the mucous membrane such as eye, nose, mouth or open, broken areas on the skin.

If you think you have had an EXPOSURE when assisting another person with an injury or illness where blood or other fluid is present, clean immediately and report the incident within 24 HOURS to Steve Spindler, Ext. 32149 or Emily Helm, Ext. 37209.

Plans can then be started for medical evaluation of the situation.

## UNIVERSAL PRECAUTIONS

Assumes ALL body fluids are contaminated. When it is necessary to assist another person and contact with body fluids is a possibility UNIVERSAL PRECAUTIONS should be used.

Follow these guidelines:

1. Whenever possible, assist injured or ill persons to care for themselves. (i.e., allow them to apply direct pressure, clean and dress wound.)
2. When you must assist:
  - Always wear disposable gloves
  - If direct skin contact occurs, wash all affected skin thoroughly with soap and warm water. (Use disinfectant towelettes when water is not available)
  - Dispose of gloves and other contaminated items in a lined trashcan or red bag provided for such purpose.
  - Spilled body fluids should be removed from the school environment using an effective absorbent agent and applying a registered EPA disinfectant agent.

Various examples of disinfectants include:

1. Ethyl or isopropyl alcohol
2. 1/2 cup household bleach to 1 gallon of water
3. Betadine

For more details, refer to District Health Service Policy. Questions concerning bloodborne pathogens may be directed to District Nurse Emily Helm Ext 37209.