
REGULATIONS FOR HANDLING BLOOD AND BODY FLUIDS

Purpose of Regulations

The following procedures/precautions should be used routinely throughout the school system to minimize the risks of transmission of communicable diseases. These guidelines provide simple and effective precautions for all persons potentially exposed to the body fluids of others.

Definition of "Body Fluids"

'Body fluids' applies to blood, drainage from scrapes and cuts, feces, urine, vomit, saliva and drainage from any orifice (i.e. nose, ears).

STANDARD PROCEDURES FOR HANDLING BODY FLUIDS IN SCHOOL

Principle 1

Direct skin contact with body fluids of others should be avoided when possible.

Procedures:

- a) PROPER HAND WASHING REQUIRES THE USE OF SOAP AND WATER AND VIGOROUS WASHING UNDER A STREAM OF RUNNING WATER FOR APPROXIMATELY 10 SECONDS. THOROUGH DRYING OF HANDS AFTER WASHING IS NECESSARY.
- b) Gloves should be worn routinely when direct hand contact with body fluids is anticipated: treating bloody noses, handling soiled clothes (e.g. by vomit), cleaning small spills by hand, etc.
- c) Gloves and other materials used for this purpose should be put in a plastic bag or lined trash can. Plastic bags should be changed daily and disposed of routinely. Double bagging can be used when grossly soiled or contaminated.
- d) Gloves should be kept in all areas of high risk, e.g. health room, maintenance areas, main office, any classroom where risk of spills is particularly high.

- e) Students should be taught to handle their own “body fluids”, as appropriate (for age, state of health, etc.). When feasible, students should dispose of own Kleenex after blowing nose, apply pressure to nose and dispose of Kleenex/paper towels used for bloody nose, wash own scrapes/cuts, etc.
- f) Students should be taught good hand-washing techniques and encouraged to use them routinely - before eating, after toileting, after vomiting, etc.

Principle 2

When direct skin contact or contamination of materials occur from unanticipated skin contact with body fluids (helping a child in the bathroom, applying pressure to a bloody nose, unexpected vomiting, etc.) proper cleaning techniques should be followed.

Procedures:

- a) Hand and other affected skin areas of exposed persons should routinely be washed with soap and water after contact.
- b) Clothing items that are soaked through to the skin should be removed, placed in a plastic bag and sent home for laundering. Items laundering for school use, or in school, should be washed in a hot water cycle (71“ C or 160“ F) before reuse. (One) cup (minimum) household bleach added to the wash is recommended, if the material is colorfast. If material is not colorfast, add ½ cup non-Chlorox bleach (e.g. Chlorox II or Borateen) to wash cycle.
- c) Contaminated disposable items (tissues, paper towels, diapers) should be handled with disposable gloves.

Principle 3

Spilled body fluids should be removed from the environment by proper cleaning techniques.

Procedures:

- a) Grossly contaminated environmental surfaces should be thoroughly cleaned with a freshly prepared solution containing a one to ten mixture of household bleach per gallon of water. A germicide (e.g. Lysol) can be substituted if a bleach



solution is unavailable. Disposable gloves should be worn.

NOTE: Cleaning solutions may damage metal surfaces. Therefore, all surfaces should be wiped dry after cleaning.

- b) Wastes and disposable cleaning equipment should be placed in a toilet or plastic bag, as appropriate.
- c) Nondisposable cleaning equipment (mops, buckets) should be thoroughly rinsed in a bleach solution (as above). The bleach solution should be disposed of promptly down a drainpipe.
- d) Maintenance responsibilities should include daily cleaning with bleach/germicide as in (a) - all areas of high risk for contact with body fluids such as the health room, health room toilet(s), sink(s), student and staff lavatories, etc. Plastic bags should be changed daily and disposed of routinely; disposable gloves should be worn.
- e) Spilled body fluids on carpets should be disposed of by routine use of a moisture absorbent which is then swept/vacuumed, followed by a washing with a carpet cleaner, etc.

Procedures:

a) **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 for use 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.

- (1) Phenolic germicidal detergents in a 1 percent aqueous solution, e.g. Lysol.
- (2) Sodium hypochlorite with at least 100 ppm available chlorine (half cup household bleach in one gallon water, needing to be freshly prepared each time it is used).



b) Disinfection of Hard Surfaces and Care of Equipment

After removing the soil, a disinfectant is 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 drainpipe. Remove and discard in appropriate receptacles.

c) Disinfection of Rugs

Apply sanitary absorbent agent, let dry and vacuum. If necessary, mechanically remove with dustpan and broom, then apply rug shampoo (a germicidal detergent) with a brush and revacuum. Rinse dustpan and broom in disinfectant. If necessary, wash brush with soap and water. Dispose of disposable cleaning equipment, as noted above.

d) Maintenance responsibilities should include daily cleaning with bleach/disinfectant of all areas of high risk for contact with body fluids such as the health room, health room toilet(s), drinking fountains, student and staff lavatories, etc. Plastic bags in wastebaskets should be changed daily and disposed of routinely. Disposable gloves should be worn.

* Brand names used only for examples of each type of germicidal solution and should not be considered an endorsement of a specific product.

Principle 4

The clothing of persons at high risk for frequent contact with body fluids should be protected.

Procedures:

a) Clothing, if contaminated, should be laundered as previously described.