



**If you have questions regarding infectious diseases, please contact your medical provider or any of the phone numbers listed below:**

- S. F. AIDS Hotline (800) 590-2437
- Drug Crisis and Intervention Line 362-3400
- Alcoholic Anonymous (A. A.) 674-1821
- S. F. General Hospital TB Clinic 206-8524
- Center for Special Problems 292-1500
- Haight-Ashbury Free Medical Clinic 561-5200
- Employee Assistance Program (E.A.P.) 554-9580

### Public Health Centers

- Chinatown 705-8500
- Castro-Mission 487-7500
- Maxine Hall 292-1300
- Ocean Park 753-8100
- Silver Avenue 715-0300



### WHAT ARE UNIVERSAL PRECAUTIONS?

They are personal practices that help prevent contact with blood and certain other body fluids.

#### Universal Precautions are:

- \* **your best protection** against AIDS, Hepatitis B and some other infectious diseases
- \* **procedures required in schools** with all people you come in contact with, since it is unlikely that you will know who is infected
- \* **ways to protect others** from any infectious disease you may have at the time



At school and in other public settings, it is unlikely that you will know who is infected with the viruses that cause AIDS/HIV, Hepatitis B, or many other diseases. Using universal precautions can protect you and prevent the spread of diseases. You will not need to know who is infected or which diseases they may be carrying if you always use Universal Precautions.



### Medical Confidentiality

**All medical information** concerning students and co-workers must be held **CONFIDENTIAL**. **Sharing information about someone who has AIDS/HIV infection is prohibited by law and punishable by fine in California.**



### Universal Precautions

### Some facts about infectious diseases

**San Francisco Unified School District  
School Health Programs Department  
(415) 242-2615**

### School Employee Information

This information is provided by the School Health Programs Department of the San Francisco Unified School District, the State Special Schools Health Task Force on Infectious and Communicable Diseases, "Guidelines for Informing Schools About Preventing the Spread of Infectious Diseases," California Department of Education, and the Santa Clara County Office of Education.

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## SOME FACTS ABOUT INFECTIOUS DISEASES

### HIV/AIDS INFECTION:

AIDS is caused by HIV (human immunodeficiency virus). HIV attacks the body's immune system, leaving it open to life-threatening infections and malignancies. The virus may also directly attack the central nervous system. Persons infected with HIV often have no apparent symptoms and usually appear to be in good health. More than half of the persons in the United States who have been diagnosed with AIDS (the advanced stage of HIV) have died.

### HEPATITIS B:

Hepatitis B is an infection of the liver caused by a virus present in blood and other body fluids of infected persons. Less than 50% of the people who become infected show symptoms of illness. The symptoms include: fatigue, mild fever, muscle/joint aches, nausea, vomiting, loss of appetite, and abdominal pain. In some patients, the urine turns dark and the skin becomes yellow. Symptoms may begin to appear up to six months after exposure to the virus. Death is not common in Hepatitis B, but 5-10% of those infected become long-term carriers. Up to 25% of the carriers may develop serious chronic liver disease.

### TUBERCULOSIS (TB):

Tuberculosis is a disease which usually affects lungs but can affect other organs. People infected with the TB bacteria have a 10% chance of developing active TB sometime in their lives. People who are infected, but do not have active TB are usually not infectious to others. Symptoms of active TB are: cough, fever, weight loss, chest pain. Children often have less severe or no symptoms. People most likely to get the infection are household contacts, close friends, and fellow workers exposed to persons with active TB. Persons with HIV infection, foreign-born person from countries with high rates of TB, low income population, alcoholics and intravenous drug users, and residents of long-term facilities (including prisons) are at high risk for acquiring TB.

## HOW THESE DISEASES ARE SPREAD

### Both HIV and Hepatitis B can be spread in the following ways:

- \* any sexual activity involving direct contact with semen, blood, or vaginal secretion of an infected person.
- \* sharing intravenous (IV) needles and/or syringes with someone who is infected.
- \* sharing unsterile objects used to penetrate the skin such as those used for tattooing, ear piercing, acupuncture.
- \* direct contact of infected blood with cuts, broken skin or mucous membranes of the eye or mouth.
- \* receiving blood products or transfusions from someone who is infected (HIV screening has been used since 1985 and has reduced the risk of contracting HIV from a blood product or transfusion to 1/68,000 in California).



### TB is spread by:

Close prolonged contact with persons who have active TB.

## PREVENTION

### How can HIV and Hepatitis B be prevented?

*There is no vaccine to prevent AIDS/HIV infection. There is a safe and effective vaccine to combat Hepatitis B.*

### In the classroom

You are most likely to be exposed to AIDS/HIV infection and Hepatitis B in the school setting when your broken skin comes directly in contact with the blood of an infected person.

Spread of Hepatitis B may sometimes occur in special education settings and classrooms attended by developmentally delayed students who become Hepatitis B carriers while in hospital or residential facilities. The risk of transmitting Hepatitis B in these special education classroom settings can be almost eliminated by good environmental and personal hygiene. Ask your health care provider about receiving a protective vaccine.

- \* use trash containers lined with plastic bags when disposing garbage that contains blood/body fluids;
- \* put needles, syringes, or other sharp objects in special puncture-proof containers;  
**(Do not bend, break or recap needles.)**
- \* tie plastic bag and discard each day.

### Other settings:

Sexual intercourse and sharing intravenous equipment are the behaviors that most often transmit the viruses that cause Hepatitis B and HIV infections. The major risk of exposure to Hepatitis B, HIV/AIDS, and sexually transmitted diseases can be virtually eliminated by observing the following:

- \* Proper use of latex condoms and dental dams combined with water-based lubricants containing spermicides during sexual intercourse greatly reduces the risk of transmission of these diseases.
- \* Intravenous equipment and any equipment used to penetrate or pierce the skin should not be shared.
- \* Persons who believe that they may be infected due to high risk behaviors should consult their health care provider for screening and testing.

### The spread of TB can be reduced by:

- \* covering mouth and nose when sneezing or coughing;
- \* insuring adequate ventilation;
- \* treating infected persons;
- \* routine screening by a P.P.D. test.

## UNIVERSAL PRECAUTIONS Protect yourself from infectious diseases by taking these simple precautions!

**WEAR** disposable latex gloves whenever you will be

- \* touching any body fluids, particularly blood;
- \* examining the mouth or assisting with dental care;
- \* coming in physical contact with anyone who has open cuts, lesions, etc...
- \* Vinyl gloves are available at SFUSD warehouse, but are not effective as latex in protecting against infectious diseases  
**(Do not reuse gloves; throw them away after each use.)**

**WASH** your hands with liquid soap (not bar soap) and running water:

- \* before preparing food, before and after eating;
- \* after using the restroom;
- \* before and after administering first aid;
- \* after contact with any body fluids (blood, saliva, vomit, feces, urine, semen, menstrual flow, wound drainage, nasal discharge, etc...);
- \* after removing disposable gloves.

**USE** care when disposing of trash:

- \* use trash containers lined with plastic bags when disposing garbage that contains blood/body fluids;
- \* put needles, syringes, or other sharp objects in special puncture-proof containers;  
**(Do not bend, break or recap needles.)**
- \* tie plastic bag and discard each day.

**USE** disinfectants:

- \* clean all areas soiled with blood and body fluids (table tops, toilets, sinks, desks, etc...) with a fresh solution of one part chlorine bleach to 10 parts water, or with a disinfectant approved by the Environmental Protection Agency.