

# BLOOD BORNE PATHOGENS

Presented by Corissa Parris, RN  
school nurse @Wylie ISD

## The 3 Most Prevalent Blood Borne Pathogens

- HIV
- HEPATITIS B
- HEPATITIS C

# HIV

HIV is the virus that causes AIDS

- ◆ Affects the body's ability to protect itself against disease
- ◆ An infected person may not exhibit symptoms for years
- ◆ HIV or AIDS decreases your immune system's ability to fight off infection
- ◆ There is currently no cure for HIV or AIDS; however, there are therapeutic treatments available to prolong the lives of those infected
- ◆ HIV or AIDS is spread through bodily fluids (blood) and through sexual contact

# HEPATITIS B

- ◆ HEP B is one of the most prevalent blood borne infections

- ◆ It has been documented that HEP B can survive on a non-porous surface for 1 month
- ◆ Signs & symptoms of acute & chronic HEP B may include:
  - ◆ Fatigue & weakness
  - ◆ Nausea & vomiting
  - ◆ Abdominal pain & tenderness
  - ◆ Mild fever or headache
  - ◆ Jaundice
  - ◆ Muscle & joint aches
- ◆ Currently there is not a known treatment for HEP B, but there is a vaccine (series of 3 injections) available to prevent Hep B. HEP B may be transmitted by:
  - ◆ Sexual contact
  - ◆ Blood or bodily fluids
  - ◆ Perinatal (womb to fetus)

# HEPATITIS C

- ◆ Most common chronic blood borne infection in the US. It is estimated that 3.9 million Americans are currently infected
- ◆ Many will not experience any symptoms. Thus, they may be unaware that they are actually infected.
- ◆ HEP C may lead to mild or chronic symptoms
  - ◆ Fatigue & weakness
  - ◆ Abdominal pain
  - ◆ Jaundice
- ◆ Currently there is no vaccine to prevent HEP C

## Precautions To Prevent HIV, AIDS, HEP B & HEP C

- ◆ Always Observe Universal Precautions:
  - ◆ Wear latex or vinyl gloves before you come in direct contact with blood or bodily fluids
  - ◆ Excellent hand washing

◆ Universal precautions apply to blood, other body fluids containing visible blood, semen, and vaginal secretions. Universal precautions also apply to tissues and to the following fluids: cerebrospinal, synovial, pleural, peritoneal, pericardial, and amniotic fluids. Universal precautions do not apply to feces, nasal secretions, sputum, sweat, tears, urine, and vomitus unless they contain visible blood. Universal precautions do not apply to saliva except when visibly contaminated with blood or in the dental setting where blood contamination of saliva is predictable. Universal precautions involve the use of protective barriers such as gloves, gowns, aprons, masks, or protective eyewear, which can reduce the risk of exposure of the health care worker's skin or mucous membranes to potentially infective materials. In addition, under universal precautions, it is recommended that all health care workers take precautions to prevent injuries caused by needles, scalpels, and other sharp instruments or devices..

[http://www.cdc.gov/ncidod/dhqp/bp\\_universal\\_precautions.html](http://www.cdc.gov/ncidod/dhqp/bp_universal_precautions.html)

## **Common Ways That Blood Borne Pathogens Are Contracted On The Job**

- ◆ When a sharp object that may be contaminated by a virus cuts or punctures your skin

- ◆ When a contaminated object comes in contact with inflamed or broken skin
- ◆ When you touch a contaminated surface and then touch your eyes, mouth, open wounds, or broken skin

## **ROUTE OF TRANSMISSION**

- ◆ Direct contact with blood or bodily fluids

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