

What do I do if a child-to-child exposure occurs, such as biting?

Bite wounds rarely result in transmission of viral illnesses such as HIV or hepatitis. The big worry with bite wounds is bacterial infection. First aid for bites include:



1. Wash the wound immediately with soap and running water.
2. If possible, leave the wound uncovered.
3. Tell the parents or guardians about the bite.
4. Write down what happened and who was notified about the bite.
5. Over the next few days, if the wound is open, watch the wound for signs of infection. If the wound becomes red, tender, or swollen, or if the child develops a fever, a health care provider should be consulted immediately.
6. If prescribed, give antibiotics to treat the infection.

What records should I keep regarding exposure to body fluids?

1. Document the exposure situation, including a description of how the exposure occurred, who was involved, and what medical treatment was provided.
2. Keep these records for 30 years. If the business closes, deliver labeled records to the nearest Office of Labor and Industries.
3. Child care programs are not required by law to pay for the medical follow-up that may be necessary when children are exposed to blood or when they are bitten. They are required to pay for this follow-up when employees are exposed.



The Communicable Disease Outreach Program offers a model exposure control plan which meets the requirements of the Department of Labor and Industries (WISHA) Services Workplace Safety and Health Rules, WAC 296-823.

This model can be downloaded off of the Snohomish Health District's website.

http://www.snohd.org/SHD_CH

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Bloodborne Pathogens

Common Questions about Child Care Situations



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What equipment should I have available in case of a blood spill?

- latex or nitrile gloves
- rubber household utility gloves
- apron
- eye protection
- disposable shoe covers
- scoop/scrapper, absorbent product
- CPR barrier
- disinfectant (ex. bleach)
- disposable towels
- large zip-lock bags



What do I do if I have contact with blood?

1. In the event that gloves are not worn when coming into contact with blood, intact skin is an effective barrier against bloodborne pathogens. Intact skin that has been in contact with blood should be immediately washed with soap and water.
2. If blood comes into contact with broken skin (such as a cut, abrasion, hangnail, etc.), immediately wash the affected area with soap and water and contact a medical provider for information and further assessment.
3. If blood comes into contact with your eyes, nose, or mouth, immediately flush the area with clean water for several minutes. Then contact a medical provider for information and further assessment.

How do I dispose of items that are contaminated with body fluids?

1. Place bloodied Band-Aids, paper towels, or other items in a sealed, leak proof plastic bag.
2. Place in another plastic-lined container and dispose of these in the regular trash pickup. Keep the trash covered and away from children and pets.



How do I clean up a blood spill on a hard surface?

1. Keep children and pets away from the contaminated area until the area has been cleaned, disinfected, and dried.
2. Wear rubber gloves.
3. Use paper towels to blot up as much of the spill as possible. Place soiled paper towels in a leak-proof, sealable, plastic bag and place in a plastic-lined waste receptacle.
4. Disinfect the surface with a bleach solution of 1:10 (1 1/2 cup bleach per gallon of water). Pour the bleach solution around and on the spill; *do not spray*. Allow at least 2 minutes of contact time.
5. Mops and other cleaning equipment should be washed with detergent and rinsed with water. Then place the mops into a 1:10 bleach solution for 2 minutes, ring out, and air dry.



How do I clean up a body fluid spill on the carpet?

1. Keep children and pets away from the contaminated area until the area has been cleaned and dried.
2. Wear rubber gloves.
3. Use paper towels to blot up as much of the spill as possible. Place soiled paper towels in a leak proof, sealable, plastic bag and place in a plastic-lined waste receptacle.
4. Use one of the following methods to clean the carpet:
 - a. The best method is to steam clean the carpet using an extraction

For disinfecting blood spills:

Use 1:10 bleach solution. Mix 1 1/2 cups of bleach into 1 gallon of water.

How do I clean up a body fluid spill on the carpet? (continued)

- b. Apply a germicidal carpet shampoo and scrub with a carpet cleaning machine or brush. Let the carpet dry. Sanitize the brush used for cleaning by soaking it in a fresh batch of the germicidal carpet cleaner or in a 1:10 bleach solution. Let these air dry.
- c. Apply a sanitizing absorbent powder to the carpet. Let it dry. Vacuum the remaining powder. Remove vacuum cleaner bag and place it in a lined waste receptacle.

How do I handle, wash, and/or dispose of laundry that is contaminated with body fluids?

1. Laundry that is contaminated with body fluids should be handled as little as possible. Wear rubber gloves when touching contaminated items.
2. Double bag the contaminated laundry using leak proof, sealed, plastic bags and send the laundry home with the person who owns the articles.
3. Contaminated laundry that belongs to the child care program should first be soaked or washed separately in cold, soapy water to remove any blood the from fabric. Use hot soapy water for the next washing cycle (a pot of hot water from the stove can be added to increase the water temperature in the wash machine). If the item is bleachable, add 1/2 cup of household bleach to the wash cycle. Dry items in a hot clothes dryer.
4. Providers may also choose to dispose of contaminated laundry by double bagging the items using leak proof, sealed, plastic bags and placing in the garbage.