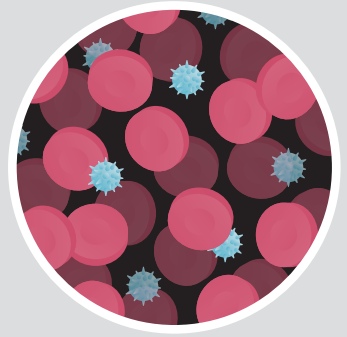


Bloodborne Pathogens:

What You Need to Know

Bloodborne Pathogens (BBPs) are germs that spread through blood and other body fluids. These germs can cause serious illnesses like Hepatitis or HIV, so it's essential to know how to stay safe.



Prevention

- Treat all blood or body fluids as if infected.
- Always wear gloves when handling blood or body fluids. Learn how to safely remove disposable gloves at https://www.redcross.org/content/dam/redcross/atg/PDFs/Take_a_Class/Bloodborne-Pathogens-Fact-and-Skill-Sheets.pdf?srltid=AfmBOop5pOSzS-0e-OiWQGBRGbfbvhl4wTxu-rK7i157Fa0MP2gKF5se
- Wash your hands often with soap and water.
- Cover cuts and wounds with bandages.
- Never share needles or personal items, such as razors.



Transmission (How BBPs Spread)

- BBPs spread when infected blood or body fluids enter another person's body.
- Direct contact: Infected blood or body fluid from one person enters another person's body, such as infected blood splashing in the eye.
- Indirect contact: A person's skin touches an object that contains infected blood or body fluid, such as picking up soiled dressings contaminated with blood or body fluid from someone who has an illness.
- Respiratory droplet transmission: A person inhales droplets from someone with an illness, such as through a cough or sneeze.
- Vector-borne transmission: A person's skin is penetrated by an infectious source, such as an insect bite.



Infection Control (Staying Safe)

- Use gloves and protective gear when helping someone who is bleeding.
- Clean up spills of blood properly using disinfectants or 10% bleach water. To make a bleach solution, check the instructions on the bleach bottle. If there are no instructions, you can mix it yourself by using 1/3 cup of bleach for every gallon of room temperature water.
- Put anything with blood on it in its own bag.
- Dispose of sharp objects, like needles, in special containers (typically a red plastic container with a sealed lid and marked as biohazard).
- Follow workplace safety rules to protect yourself and others.



Washington State Department of
CHILDREN, YOUTH & FAMILIES



Treatment

- Some BBP infections, like Hepatitis C, may have treatment or even a cure. Others, like HIV, have medicines that help people live longer, healthier lives.
- The sooner someone gets medical care, the better the outcome.
- Wash wounds, cuts, and exposed skin thoroughly with soap and water.
- If splashed with blood or potentially contagious substances around the mouth or nose, flush the area with water.
- If splashed in or around the eyes, irrigate with clean water, saline or sterile irrigating solutions for 20 minutes.
- If emergency medical services (EMS) are needed, report the details of what occurred to the personnel. Report the incident to the assigned caseworker.
- Record the incident by writing down the details of what happened.



Testing

Blood tests can check for BBP infections. If you may have been exposed, get tested as soon as possible. Initially, many BBPs show no symptoms, so testing is important.



Confidentiality

Medical records, including BBP test results, are private. You are not allowed to share a child's infection status. If you or a child in your care have a BBP, you still have rights and protections. Employers and schools cannot share your health information without permission.



Additional Resources

Bloodborne Pathogens – CY25 Certification eLearning: <https://cpe.socialwork.uw.edu/alliance-courses/content/bloodborne-pathogens-cy25-certification-elearning>