

Making Your Childcare Centre a *Healthy Environment*



A Fact Sheet for Childcare Operators and Staff

York Region Health Services is mandated to inspect all childcare centres to ensure compliance with food safety regulations, infection control, playground safety and safe water standards.

This fact sheet is provided for information and guidance to childcare centre operators.

Handling Blood and Body Fluids

From time to time there may be situations where your staff may have to handle urine, stool, vomitus, blood or body fluids. When handling blood or body fluids it is important to treat all body fluids as infectious. Infected blood and body fluids have the potential for spreading serious blood borne diseases such as Hepatitis B, C and HIV. It is vital to have procedures in place for your staff on how to handle these situations, so that they can be protected! Outlined below are clean up procedures for dealing with urine, vomitus, blood and body fluids.

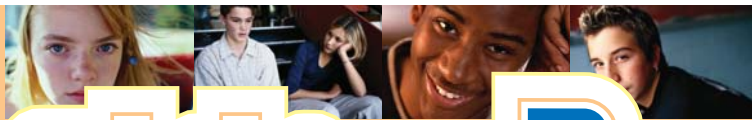
Step 1	All blood spills shall be treated as infectious.
Step 2	Alert people in the immediate area to re-locate to a safe distance.
Step 3	Put on a pair of disposable gloves.
Step 4	Attend to affected person and remove from location of spill.
Step 5	Place clothing, towels or contaminated items in a plastic bag until ready to be cleaned and disinfected.
Step 6	Remove any broken glass or sharp objects from contaminated area. Discard into a puncture resistant and leak proof container. Try to minimize any hand contact.
Step 7	Place the container in a disposable plastic bag and secure it with a tie. Discard with regular garbage.
Step 8	Remove excess blood/body fluids using paper towels and discard in a plastic bag.
Step 9	Carefully pour a 1:10 (1 part bleach to 9 parts water) bleach and water disinfecting solution over the entire contaminated area.
Step 10	Wipe up contaminated area using paper towels and place the soiled paper towels in a plastic bag.
Step 11	Re-wet cleaned area with a 1:10 bleach and water solution and air dry or let stand for 10 minutes before wiping dry. Discard paper towel used for wiping in a disposable plastic bag.
Step 12	All contaminated re-usable items must be cleaned and disinfected using a freshly prepared 1:10 bleach and water solution. Anything that cannot be effectively cleaned and disinfected must be disposed of as waste.
Step 13	Remove gloves and dispose.
Step 14	Wash your hands.



This fact sheet has been produced by York Region Health Services,
Health Protection Division

Questions? Call *Health Connection* 1-800-361-5653





Hepatitis B



Community and Health Services
Infectious Diseases Control Division

What is hepatitis B?

Hepatitis B is an infection of the liver caused by the hepatitis B virus. It is a concern because it can cause permanent liver damage such as cirrhosis (scarring of the liver) or cancer of the liver in the later stages of the disease.

How is hepatitis B spread?

The hepatitis B virus is found in the blood and the semen or vaginal fluids of an infected person. You can get the hepatitis B virus when an infected person's blood or body fluids enter your body through cracks and cuts in your skin, through mucous membranes, or directly into your blood stream. This can happen during unprotected sexual contact or by sharing needles and drug related equipment. The chances of becoming infected depend on the amount of virus present in the blood or body fluids, but overall, the virus is very infectious.

The hepatitis B virus can also pass from a hepatitis B carrier mother to her infant during childbirth.

Who can get hepatitis B?

Anyone who comes in direct contact with or has frequent exposure to blood or body fluids is at risk of becoming infected with the hepatitis B virus. This includes:

- people who work in jobs where they are exposed to blood or body fluids, such as health care providers/workers, embalmers, and emergency workers
- people who have unprotected vaginal, anal or oral sex
- people with multiple sexual partners or who have recently had a sexually transmitted infection
- drug users who share drug related equipment
- those who have received blood or blood products prior to 1979 in Canada
- household and sexual contacts of people who carry the hepatitis B virus
- people from areas where hepatitis B is very common
- anyone getting electrolysis, acupuncture, body piercing or tattooing

Symptoms of hepatitis B infection

Only 50 percent of people who are infected by the hepatitis B virus have symptoms. These can last for up to three months, and may include:

- flu-like symptoms
- fever
- headache
- joint pain
- jaundice
- tiredness
- tenderness in the upper abdomen.

The time between exposure to the hepatitis B virus and development of symptoms is 45 to 160 days.

Ninety percent of people with a new, acute hepatitis B infection recover completely from the disease. One percent can die from a severe acute case. Nine percent of cases go on to carry the virus for the rest of their lives (chronic hepatitis B carriers). They may not be aware that they carry the virus, and may unknowingly infect others. Chronic carriers of the hepatitis B virus are at very high risk for eventually developing permanent liver damage or liver cancer.

Is there a test to show I have had hepatitis B?

A blood test can be done six weeks or more after a possible exposure to tell if you have been infected. It will show if you have developed antibodies to hepatitis B or if you still have the virus in your body.

Treatment

There is currently no cure for hepatitis B. Treatment is available for chronic (long-term) carriers of hepatitis B.

Prevention and protection

Vaccination: There are two safe and effective vaccines available in Ontario to prevent infection with the hepatitis B virus. Hepatitis B vaccine is free to all Grade Seven students and to certain high-risk groups (York Region Community and Health Services can tell you who is eligible for free vaccine). For Grade Seven students, the vaccine is given in two doses at least six months apart. For all others, the vaccine is given in three doses: the first dose now, the second dose in one month, and the third dose in six months.

People infected with hepatitis B can be assessed by a doctor for hepatitis A and receive free hepatitis A vaccine from York Region Community and Health Services.

Hepatitis B Immune Globulin (HBIG): To protect babies from hepatitis B infection, all infants born to infected mothers should be given HBIG within the first few hours of birth, as the effectiveness decreases sharply after 48 hours. The baby should also receive the first of the three doses of hepatitis B vaccine as soon as possible, but no later than seven days after birth.

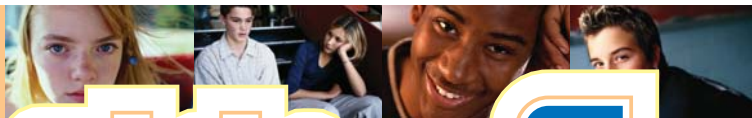
Following an assessment, HBIG may be offered if someone has had a needlestick injury or other high-risk exposure. It should be given within 48 hours of the exposure.

To prevent the spread of the hepatitis B virus:

- treat all blood and body fluids as potentially infectious. You cannot tell who is infected by looking at the person
- disinfect the surface on any nondisposable equipment that has been in contact with body fluids to kill the hepatitis B virus. Use a solution of one part bleach to nine parts water and leave it on for at least ten minutes
- tell your sexual partner(s) if you are infectious. Protect them by using latex condoms during sexual intercourse. Inform your partner(s) to get tested for hepatitis B. Free hepatitis B vaccine is available for sexual partners and household contacts of a person with hepatitis B
- do not share razors, toothbrushes, nail scissors, nail clippers and nail files
- do not share needles and other drug related equipment
- if you are infected with the hepatitis B virus, do not donate blood or blood products and organ tissue to others

Hepatitis B is a reportable disease. York Region Community and Health Services must be notified so appropriate case and contact follow up can be done.





Hepatitis C



Community and Health Services
Infectious Diseases Control Division

What is hepatitis C?

Hepatitis C is an infection of the liver caused by the hepatitis C virus (HCV). Hepatitis C may eventually cause liver damage such as cirrhosis (scarring of the liver) or cancer in the later stages of the disease.

How is hepatitis C spread?

Hepatitis C is spread through direct blood-to-blood contact with an infected person. Hepatitis C is not spread through hugging, kissing, coughing or sharing eating utensils.

Who can get hepatitis C?

Situations that put people most at risk for getting hepatitis C include:

- sharing used needles, syringes, straws or other drug related equipment
- having received a blood transfusion or blood products prior to 1990, after which sensitive blood screening tests were introduced
- having a needle-stick injury
- using non-sterile equipment for tattooing, piercing and acupuncture
- sharing razors, toothbrushes and/or nail scissors/clippers/files

Lower risks of transmission include:

- sexual activity that includes contact with blood or the exchange of blood (e.g., during menstruation)
- childbirth, when the mother is infected with HCV

Symptoms of hepatitis C infection

Most people do not experience any symptoms when they first become infected, but carry the hepatitis C virus and can spread it to others.

Symptoms that may occur with a new, acute infection include the following:

- flu-like illness
- muscle pain
- loss of appetite
- joint pain
- fatigue

The time between exposure to the virus and development of symptoms is six to seven weeks on average, but can be shorter or longer. Following infection, the hepatitis C virus causes inflammation and slowly damages the liver over the next 10 to 20 years, often without an individual being aware of the infection. Without treatment, over 80 percent of acute infections progress to chronic hepatitis. This is a long-term, progressive condition that can lead to liver diseases, including cirrhosis and in some cases, cancer.

How do I find out if I have hepatitis C?

You can have a blood test to find out if you have been exposed to hepatitis C. The test can detect antibodies to hepatitis C in your blood as early as eight to twelve weeks after a possible exposure in most people, but ideally should be done after 14 to 20 weeks to be certain.

Treatment

There is treatment for hepatitis C. You will need to be assessed by your family physician and referred to a specialist for follow-up.

Anyone infected with hepatitis C should ask the doctor to do an assessment for hepatitis A and B. If needed, your doctor can obtain free hepatitis A and /or B vaccine from York Region Community and Health Services.

Prevention and protection

Treat all blood and body fluids as potentially infectious. Disinfect any nondisposable equipment that has been in contact with body fluids to kill the hepatitis C virus. Apply a solution of one part bleach mixed with nine parts water, and leave it on the surface for at least ten minutes.

Drug users should not share their needles, spoons and other drug use equipment.

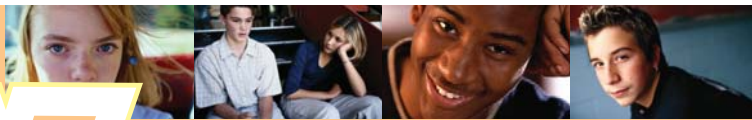
People who carry the hepatitis C virus can do the following to prevent spreading it to others:

- inform your sexual partners. Practice safer sex by using latex condoms
- do not donate blood or blood products or organ tissues
- inform your health care providers that you have hepatitis C

Hepatitis C is a reportable disease. York Region Community and Health Services must be notified so appropriate case and contact follow up can be done.



For more information, please call *Health Connection* at **1-800-361-5653**.



HIV/AIDS



Community and Health Services
Infectious Diseases Control Division

What is HIV/AIDS?

Human Immunodeficiency Virus (HIV) is the virus that causes Acquired Immunodeficiency Syndrome (AIDS).

The virus attacks the body's immune system, which is your defence against infections.

A person with HIV can stay healthy for many years. AIDS is the last stage of HIV infection. People with HIV may get certain infections such as an unusual and serious pneumonia, or certain types of cancers.

How is HIV spread?

HIV is found in the blood and body fluids (semen, vaginal fluids and breastmilk) of HIV-infected people. The virus spreads when blood and body fluids are shared. This can happen during unprotected sexual contact or when sharing infected syringes or needles. An HIV-infected mother can pass the virus to her unborn child during her pregnancy, or to her baby through breast-feeding.

How is HIV not spread?

HIV is not spread by everyday social contact. You cannot get HIV from touching, hugging, shaking hands, telephones, toilet seats, swimming pools, whirlpools or sharing eating utensils with someone who is infected.

Pets and insects cannot spread HIV.

Some people worry that they can get HIV by donating blood, but this is not true. In Canada, a new, clean needle is used every time.

Donated blood is always checked for HIV in Canada so the risk of getting it from a blood transfusion is very low.

How can I tell if I have HIV?

About half of people infected with HIV do not experience any symptoms following infection.

Others may experience flu-like symptoms two to four weeks after being infected. They may have a fever, headache, sore muscles and joints, stomach ache, swollen lymph glands, or a skin rash for one or two weeks. However, these symptoms tend to be overlooked, as they can occur with many minor illnesses.

A simple blood test can tell you if you are infected with HIV. It is called the HIV antibody test. A positive test result means that you have been infected with HIV and that you can spread it to others. A negative result means that no antibodies to HIV were found in your blood at the time of testing.

You can visit a sexual health clinic or your doctor to have the blood test. Early testing can lead to treatment that is more effective. Make sure you speak to a counsellor both before and after you have the test. Test results are confidential.

You should also know that:

- it can take up to 12 weeks after exposure to HIV for your immune system to make antibodies to HIV
- you may be asked to wait at least 12 weeks after a possible HIV exposure to be tested. This is to make sure your results will be accurate
- if you have been infected with HIV, you can infect others, even before you have a positive blood test. Follow the steps outlined below in 'Protection and prevention' to avoid infecting others

How is HIV/AIDS treated?

There is no cure for HIV or AIDS at this time. The virus remains in the body for life. There are drugs that can slow the progress of HIV and can help those infected to live full and active lives. There are also drugs available to treat the infections and cancers associated with AIDS.

Protection and prevention

To protect yourself and prevent the spread of HIV:

- treat all blood and body fluids as potentially infectious, especially if you work in a job where you are exposed to blood or blood products. You cannot tell who has HIV by looking at the person
- disinfect any surface that has been in contact with blood or body fluids with chlorine bleach (one part bleach to nine parts water, left on for ten minutes)
- speak openly with sexual partners about safer sex and HIV. Use a latex condom with each oral, anal or vaginal sexual encounter. Those with latex allergies should use polyurethane condoms
- do not share needles, including those used for tattooing, piercing, acupuncture and electrolysis
- if you are a pregnant or planning a pregnancy, talk to you doctor about getting tested for HIV. If you have HIV, treatment can decrease the chance that your baby will become infected. HIV infected women should not breast-feed their babies

HIV/AIDS is a reportable disease. York Region Community and Health Services *must be notified of positive HIV tests so appropriate case and contact follow up can be done.*

