

# Tip Sheet - Blood Borne Disease Prevention

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People who work in schools want to nurture a safe and caring environment for kids. When kids get nose bleeds, or minor injuries at school, Chinook's Edge staff may be tempted to reach out and help without thinking about how they should protect themselves first. But a medical professional will always put on gloves to protect themselves before tending to an injured person, and we need to take similar precautions, too.



Please remember the following when dealing with situations involving blood and bodily fluids:

- We can't tell by looking at a student if they have a blood borne disease, and they may not even know it themselves, so we must treat every student as if they may be infectious.
- School staff are at greatest risk of contracting a blood borne infection when they are giving first aid, working with children who bite, or providing personal care (e.g. toileting).
- Protecting yourself needs to be your first priority when taking care of students. Always use PPE, including disposable gloves, and if the situation warrants it, eye protection and a mask.
- After any incident, wash hands and any body part that may have come into contact with potentially infectious fluids.
- If you think you may have been exposed to a blood borne infection, immediately seek medical help and report the incident to your supervisor as soon as possible. Treatment for some infections are most effective within 2 hours of exposure.
- Disinfect areas that have been exposed to blood or body fluids after an incident.
- If you have more questions about blood borne pathogens and diseases, contact [Alberta Health Link](#).



## Stay protected and stay safe!

Rod MacLean, Health and Safety Coordinator

[Blood Borne Disease Prevention](#) (For New Employees).