

# Infectious Disease Prevention

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Training for Volunteers



# WHY INFECTIOUS DISEASE PREVENTION TRAINING?

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Thank you for your work with the Washington State Department of Corrections;  
we value you as a member of our team!

The Department seeks to provide a safe and healthful working environment for all.  
Having a clear understanding of infectious disease prevention will minimize risk to  
yourself and others.

# DEFINITIONS

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**Staff:** It is important to understand that when you see the term “*staff*” used throughout this training and in policy, it refers to the following individuals: paid employees of the Department of Corrections, all Volunteers, and all contract staff alike.

**Universal Precautions:** An approach to prevent the transmission of infectious diseases by blood and other body fluids. Special techniques are used to minimize risk and all *staff* are encouraged to use them.



## UNIVERSAL PRECAUTIONS Handwashing

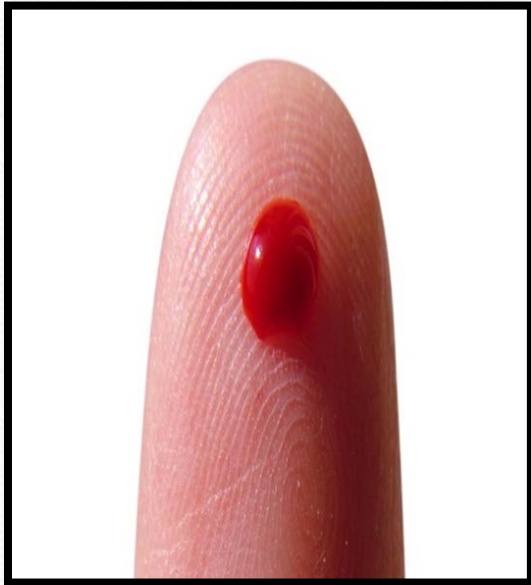


- Step 1: Wet your hands with clean, warm (if available) water, and apply soap.
- Step 2: Lather by rubbing hands together. Be sure to cover all surfaces.
- Step 3: Continue rubbing hands together for 15 to 20 seconds (sing “Happy Birthday” twice in your head).
- Step 4: Thoroughly rinse hands under running water to ensure removal of residual germs.
- Step 5: Use paper towels or an air dryer to dry hands and then, if possible, use a paper towel to turn off the faucet.

# UNIVERSAL PRECAUTIONS

## Blood & Bodily Fluids

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- Avoid contact with blood or other bodily fluids as possible
- Treat all blood & bodily fluids as potentially infectious

# WHAT IF YOU ARE EXPOSED?

If you are exposed to blood or bodily fluids while working with the Department:

- Notify a DOC employee immediately.
- Complete the DOC 03-133 Accident/Injury Report form.
- If desired, file a Labor & Industries (L&I) claim by completing a Report of Industrial Injury or Occupational Disease for (F242130-000) at the medical site where you seek treatment.
- Within 24 hours after exposure, and after you file an L&I claim, notify the Occupational Health & Wellness Unit at 1(888) 833-3726.
- If you have a possible risk of exposure to blood, semen, or other potentially infectious material, you can complete a DOC 03-269 Request for Source Person Testing/Test Results form within 5 days. Refer to WAC 296-823160 Post Exposure Requirements.

# MANAGE YOUR EXPOSURE

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If you are exposed to blood and/or bodily fluids while on Department grounds, you may be asked to:

- Change clothes if soiled and double bag wet laundry. Place clothes in a yellow “Contaminated Laundry” bag. DO NOT take them home.
- You may be asked to access IMMEDIATE medical care. (Do not delay medical care to complete post exposure paperwork.)

*NOTE: Do not squeeze (milk) wounds. Do not apply antiseptics/disinfectants to wounds. There is no evidence that these actions benefit wound healing and may increase risk.*

# HOW EXPOSURES ARE HANDLED

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- Open wound: Gently wash the wound with soap & water.
- Eyes/Mouth/Nose: Blow nose. Wipe the inside of nostrils. Rinse eyes/mouth.
- Clean/Rinse/Dry all areas that have been exposed; if necessary, shower.
- Avoid use of bleach or other agents that may be caustic to the skin.



# HOW TO PROTECT YOURSELF

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Always use the following precautions when you come into contact with bodily fluids:

- Use protective barriers
- Wash your hands
  - Use soap and water
  - Alcohol-based hand sanitizer is an acceptable alternative if hands not visibly soiled



# PROTECTIVE BARRIERS

- Utilize appropriate protective barriers based on the scenario: gloves, mask, face shield, eye shield, gown, and foot covers
- When removing barriers, avoid skin contact with contaminated areas
- Safely dispose of contaminated barriers
- Wash hands or use hand sanitizer before and after you put on gloves.



# CONFIDENTIALITY

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If you have a possible occupational exposure, you have the right to ask whether the source person has tested positive for a Blood Borne Pathogen (BBP).

However, keep in mind that use of the information to harass or discriminate against the incarcerated individual may result in inability to volunteer with DOC in the future and/or penalties per RCW 70.24.080.

See also RCW 70.24, DOC Policies 670.020, 890.600, & 620.020, and DOC Form 03-269



## TUBERCULOSIS (TB) RISKS

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Tuberculosis is an airborne disease spread from person to person generally after close, frequent or prolonged exposure.

Persons who are incarcerated can be at higher risk for TB disease because of poor healthcare, crowded living conditions, drug use, homelessness, co-morbid diseases, etc.

The State of Washington has about 200 new cases of active TB per year. WA DOC typically has less than two cases per year.

DOC *staff* should obtain a TB skin or blood test before starting work with the Department, then annually thereafter, so that new TB exposures (latent TB infection) can be evaluated and treated promptly.

# CONGRATULATIONS!

You have successfully completed the online training for

## Infectious Disease Control

Volunteer Training

Please print this certificate, write your name and today's date on it, and submit it to your Volunteer Specialist (CPPC).

*You can submit this form by any of the following means: Mail the form in, scan/send copy in an email, or take a photo of the signed document and email. Don't forget to keep a copy for your records!*

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Print Name

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Signature

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Date