

Blood Borne Pathogens

By Jacki O'Donnell, RN

Tis the Day Before School Starts
And it's time once again
To tell you the story of
Blood Borne Pathogens.

For OSHA does mandate
That we meet here each year
And review, once again
What you all need to hear.

There are strong viruses
That are too small to see
That cause Hepatitis
Or AIDS - HIV

They live in the bloodstream
Of Whom? We can't tell
For those who are infected
May look perfectly well.

The germs in their bloodstream
May only be spread
Through sexual contact
Or if someone has bled.

Can't get them from kissing
Or giving a hug
Or fact-to-face contact
Or sharing a mug.

A portal of entry,
A break in the skin,
Or exposed mucous membranes
Can let these germs in.

But if there's exposure
And blood inter-flows
Will you get infected?
Well, nobody knows.

But Hepatitis virus
Is virile, you see,
With a vaccine for "B-type"
But no cure for Hep-C

H.I.V. is the weaker
But a cause for concern
For as of now, it is fatal
Through there's much more to learn.

And in the school setting
There's a risk of a bleed
From a fight or an injury
So what do you need?

UNIVERSAL PRECAUTIONS -
Which means you must view
All body fluids
As harmful to you.

To avoid ALL exposure
With ANYONE'S blood
A good way to do this?
By wearing your gloves!

Keep a pair in your pocket,
Your briefcase, your purse.
Where do you get them?
From your friendly School Nurse!

Wear them when blood's present
To protect your hand's skin
From any pathogens
And to not let germs in.

Remove the gloves carefully
Do not snap them off
For the latex inside them
May cause some to cough.

First one, then the other
Removed inside out
Then thrown in the garbage
So the blood can't drip out.

Then go wash your hands
Fifteen seconds or more
With soap and warm water
And be reasonably sure.

That you are protected

And out of harm's way,
With UNIVERAL PRECAUTIONS
You too can say.....

Go on Hepatitis!
Pass by H.I.V.!
For I am protected -
You can't infect me!

And so that's my message
We end it right here
Go forth and be safe now,
And I'll see you next year.