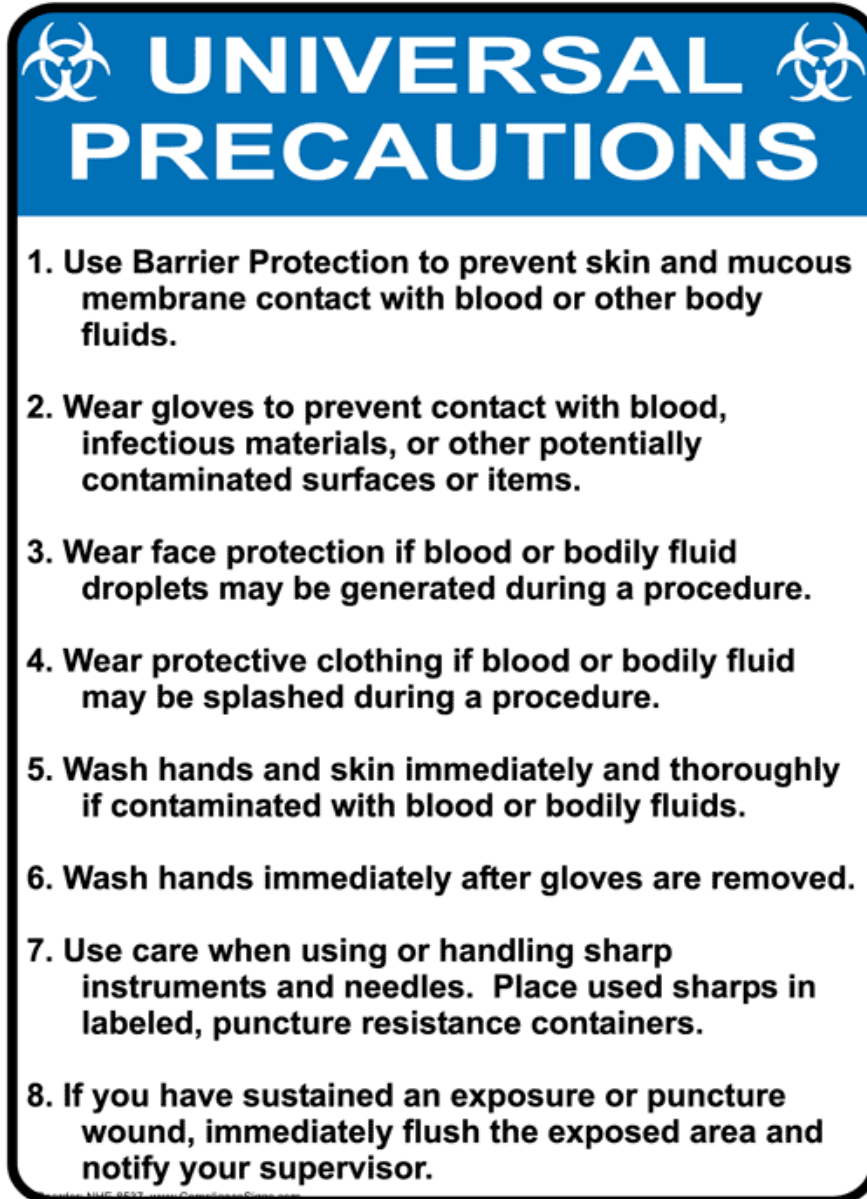


Universal Precautions and Information

Influenza, HIV, and TB

Nicasa Behavioral Health Services does not perform procedures that would result in employees coming into contact with most bodily fluids. Breath, saliva, and urine samples are collected as part of toxicology testing conducted by some employees. However, it is important for all Nicasa Behavioral Health employees and clients to be aware of universal precautions:

A rectangular sign with a blue header and a white body. The header contains the text "UNIVERSAL PRECAUTIONS" in white, bold, sans-serif font, flanked by two white biohazard symbols. The body contains a numbered list of eight precautions in black, bold, sans-serif font.

UNIVERSAL PRECAUTIONS

- 1. Use Barrier Protection to prevent skin and mucous membrane contact with blood or other body fluids.**
- 2. Wear gloves to prevent contact with blood, infectious materials, or other potentially contaminated surfaces or items.**
- 3. Wear face protection if blood or bodily fluid droplets may be generated during a procedure.**
- 4. Wear protective clothing if blood or bodily fluid may be splashed during a procedure.**
- 5. Wash hands and skin immediately and thoroughly if contaminated with blood or bodily fluids.**
- 6. Wash hands immediately after gloves are removed.**
- 7. Use care when using or handling sharp instruments and needles. Place used sharps in labeled, puncture resistance containers.**
- 8. If you have sustained an exposure or puncture wound, immediately flush the exposed area and notify your supervisor.**

Avoiding Infections

8 STEPS TO SANITARY HANDS

- Take off watches, bracelets and rings. Wet your hands and forearms using a stream of warm running water.
- Lather thoroughly with a recommended cleanser such as soap. Plain soap and warm water is good enough for most hand washing, if it's done properly.
- Rub hands together vigorously for at least 15 seconds.
- Scrub wrists, the front and back of your hands and your fingers.
- Clean under your fingernails.
- Rinse well under warm running water.

Repeat the washing and rinsing steps if necessary.

- Dry your hands completely on a one-use towel or under an air drier.
- Use a paper towel to turn off the faucet and open the washroom door without contaminating your hands again.

DID YOU KNOW?

If your job might put you in contact with human blood and certain other body fluids, your employer has a safety plan. It includes "universal precautions" – dealing with body fluids as if they contain bloodborne pathogens, such as viruses that cause AIDS or hepatitis.

To prevent such exposure, your employer provides barriers. One is the personal protective equipment (PPE) required for your job. Depending on the task, this could include gloves, lab coats, goggles with sideshields, masks and no-contact resuscitation devices. Another part of the plan is safe disposal containers for sharps such as needles.



POSTER #P4491 640mm x 914mm 1-800-541-7233
www.safetyposter.com

WASH UP FOR HEALTH

Are you interested in avoiding colds, the flu and gastrointestinal upsets, and also avoiding serious chronic and acute illnesses? If so, you should develop the habit of washing your hands frequently and thoroughly. Illnesses are often spread by touching a contaminated surface and then touching your mouth, eyes or nose, or handling food.

If you work in healthcare or food services, you already follow a handwashing routine to prevent the spread of illness.

Infection-control researchers keep concluding: We don't wash our hands often enough or well enough.



STANDARD PRECAUTIONS – FOR EVERYONE, EVERY TIME

Exposure to lethal bloodborne diseases is a job hazard for health care providers, first aid attendants and emergency responders. Sanitation, laundry and custodial workers are also among those who could be at risk.

However, even if your job doesn't involve handling blood you could encounter a highway accident and a bleeding victim, or you might give CPR (cardiopulmonary resuscitation) to a fallen co-worker whose face is bloodied. Or you might need to protect yourself from needle-stick injury while picking up trash.

For your safety, take "standard precautions" (also known as "universal precautions)." Act as

if any bodily fluid you contact is infected. Keep latex or plastic gloves in your first aid kit so in an emergency you avoid direct contact with blood. You should double-glove if you'll be contacting a spill. Place in a leak-proof container any materials that contacted bodily fluids. Clean up spills right away with an approved disinfectant, such as household bleach.

Separate potentially contaminated materials from other laundry. Wear gloves and other recommended protective items to handle contaminated laundry.

If you think you might have been exposed to infected blood, see a medical professional right away for tests.

4 OCCASIONS REQUIRING A HAND WASH – ALWAYS

- 1 Before preparing food, to prevent food poisoning and spread of disease. Wash again before handling different foods, such as after cutting raw chicken.
- 2 Before eating.
- 3 After using the toilet.
- 4 After sneezing/coughing on your hands.

Safety Smart!

Get your flu shot(s) early.

Get all recommended flu shots and make sure your family gets theirs too.



Keep common surfaces sanitized.

Germs love to live on door knobs, phones, keyboards, light switches and anywhere else touched by human hands. Use a germ-killing cleaning product to wipe down surfaces that are frequently touched by you and your co-workers, especially any shared equipment.



4

Keep your hands away from your eyes, nose and mouth.

Your eyes, nose and mouth are super highways for germs. Make a conscious "hands off" effort and you'll cut your risk for picking up the flu.



6

Stay home if you're sick.

You aren't doing anyone any favors sharing your germs.

2



8 HEALTH & SAFETY TIPS

Eight Ways to Avoid Catching and Spreading the Flu



Distance yourself socially during flu season.

During the holidays people shake hands, hug and offer pecks on the cheeks. If your workplace has been hit by flu, it's best to abandon these social traditions and try to keep physical distance from your co-workers.

7

Cover your mouth when you cough or sneeze.

3

Try to have a tissue handy to sneeze or cough into. If you don't have one, cough or sneeze into your elbow, not your hands.



Wash your hands frequently with plenty of soap and warm water for at least 15 seconds.



5

Be kind to your immune system.



A strong immune system can help you fight off the flu or a cold. Eat properly, ensure you get enough vitamins and minerals, and exercise.

HIV/AIDS: The Basics

HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome). Learning the basics about HIV can keep you healthy and [prevent HIV transmission](#). You can also download materials to share or watch videos on basic information about HIV.

What is HIV?

- HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to [AIDS](#) (acquired immunodeficiency syndrome).
- There is currently no effective cure. Once people get HIV, they have it for life.
- But with proper medical care, HIV can be controlled. People with HIV who get [effective HIV treatment](#) can live long, healthy lives and protect their partners.

Where did HIV come from?

- HIV infection in humans came from a type of chimpanzee in Central Africa.
- The chimpanzee version of the virus (called simian immunodeficiency virus, or SIV) was probably passed to humans when humans hunted these chimpanzees for meat and came in contact with their infected blood.
- Studies show that HIV may have jumped from chimpanzees to humans as far back as the late 1800s.
- Over decades, HIV slowly spread across Africa and later into other parts of the world. We know that the virus has existed in the United States since at least the mid to late 1970s.

To learn more about the history of HIV in the United States and CDC's response to the epidemic, see [CDC's HIV and AIDS Timeline](#).

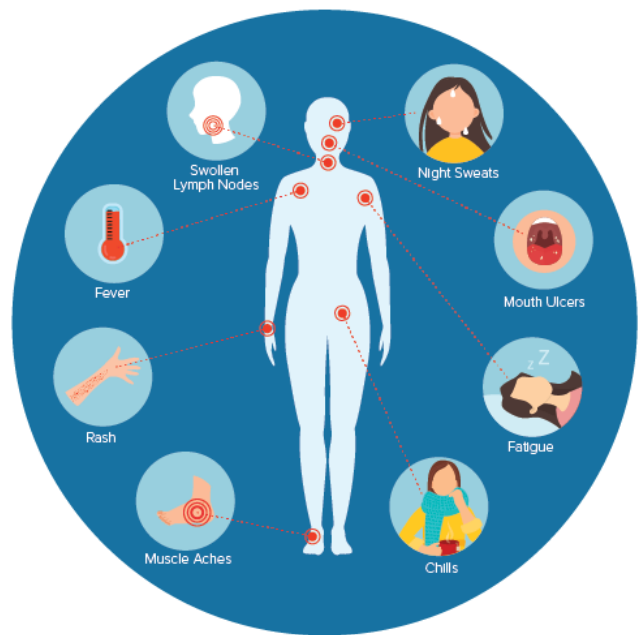
How do I know if I have HIV?

The only way to know for sure whether you have HIV is to [get tested](#). Knowing your HIV status helps you make healthy decisions to prevent getting or transmitting HIV.

Are there symptoms?

Some people have flu-like symptoms within 2 to 4 weeks after infection (called *acute HIV infection*). These symptoms may last for a few days or several weeks. Possible symptoms include

- Fever,
- Chills,
- Rash,
- Night sweats,
- Muscle aches,
- Sore throat,
- Fatigue,
- Swollen lymph nodes, and
- Mouth ulcers.



But some people may not feel sick during acute HIV infection. These symptoms don't mean you have HIV. Other illnesses can cause these same symptoms.

See a health care provider if you have these symptoms and think you may have been exposed to HIV. [Getting tested](#) for HIV is the only way to know for sure.

What are the stages of HIV?

When people with HIV don't get treatment, they typically progress through three stages. But [HIV medicine](#) can slow or prevent progression of the disease. With the advancements in treatment, progression to Stage 3 is less common today than in the early days of HIV.

Stage 1: Acute HIV Infection

- People have a large amount of HIV in their blood. They are very contagious.
- Some people have flu-like symptoms. This is the body's natural response to infection.
- But some people may not feel sick right away or at all.
- If you have flu-like symptoms and think you may have been exposed to HIV, seek medical care, and ask for a test to diagnose acute infection.
- Only [antigen/antibody tests or nucleic acid tests \(NATs\)](#) can diagnose acute infection.

Stage 2: Chronic HIV Infection

- This stage is also called asymptomatic HIV infection or clinical latency.
- HIV is still active but reproduces at very low levels.
- People may not have any symptoms or get sick during this phase.
- Without taking HIV medicine, this period may last a decade or longer, but some may progress faster.
- People can transmit HIV in this phase.
- At the end of this phase, the amount of HIV in the blood (called *viral load*) goes up and the CD4 cell count goes down. The person may have symptoms as the virus levels increase in the body, and the person moves into Stage 3.
- People who take HIV medicine as prescribed may never move into Stage 3.

Stage 3: Acquired Immunodeficiency Syndrome (AIDS)


- The most severe phase of HIV infection.
- People with AIDS have such badly damaged immune systems that they get an increasing number of severe illnesses, called [opportunistic infections](#).
- People receive an AIDS diagnosis when their CD4 cell count drops below 200 cells/mm, or if they develop certain opportunistic infections.
- People with AIDS can have a high viral load and be very infectious.
- Without treatment, people with AIDS typically survive about three years.

(Page 1 is in English, Page 2 is in Spanish) June 2021


HIV 101

Without treatment, HIV (human immunodeficiency virus) can make a person very sick and even cause death. Learning the basics about HIV can keep you healthy and prevent transmission.


HIV CAN BE TRANSMITTED BY



Sexual Contact




Sharing Needles to Inject Drugs




Mother to Baby During Pregnancy, Birth, or Breastfeeding


HIV IS NOT TRANSMITTED BY




Air or Water



Saliva, Sweat, Tears, or Closed-Mouth Kissing



Insects or Pets



Sharing Toilets, Food, or Drinks

PROTECT YOURSELF FROM HIV

- Get tested at least once or more often if you are at risk.
- Use condoms the right way every time you have anal or vaginal sex.
- Choose activities with little to no risk like oral sex.
- Don't inject drugs, or if you do, don't share needles, syringes, or other drug injection equipment.


- If you are at risk for HIV, ask your health care provider if pre-exposure prophylaxis (PrEP) is right for you.
- If you think you've been exposed to HIV within the last 3 days, ask a health care provider about post-exposure prophylaxis (PEP) right away. PEP can prevent HIV, but it must be started within 72 hours.
- Get tested and treated for other STDs.

KEEP YOURSELF HEALTHY AND PROTECT OTHERS IF YOU HAVE HIV

- Find HIV care. It can keep you healthy and help reduce the risk of transmitting HIV to others.
- Take your HIV medicine as prescribed.
- Stay in HIV care.

- Tell your sex or injection partners that you have HIV. Use condoms the right way every time you have sex, and talk to your partners about PrEP.
- Get tested and treated for other STDs.

For more information, please visit www.cdc.gov/hiv.



This fact sheet is based on information from the following sources:

- From CDC: [HIV Basics](#)
- From the Department of Health and Human Services (HHS): Guidelines for the Use of Antiretroviral Agents in Pediatric HIV Infection: [Introduction](#)
- From the National Institute of Allergy and Infectious Diseases (NIAID): [HIV/AIDS](#)



HIV AND SUBSTANCE USE

Substance use disorders, which are problematic patterns of using alcohol or another substance, such as crack cocaine, methamphetamine (“meth”), amyl nitrite (“poppers”), prescription opioids, and heroin, are closely associated with HIV and other sexually transmitted diseases.

LEARN ABOUT YOUR HIV RISK AND HOW TO LOWER IT



Injection drug use (IDU) can be a direct route of HIV transmission if people share needles, syringes, or other injection materials that are contaminated with HIV. However, drinking alcohol and ingesting, smoking, or inhaling drugs are also associated with increased risk for HIV. These substances alter judgment, which can lead to risky sexual behaviors (e.g., having sex without a condom, having multiple partners) that can make people more likely to get and transmit HIV.

In people living with HIV, substance use can hasten disease progression, affect adherence to antiretroviral therapy (HIV medicine), and worsen the overall consequences of HIV.

Commonly Used Substances and HIV Risk

- **Alcohol.** Excessive alcohol consumption, notably binge drinking, can be an important risk factor for HIV because it is linked to risky sexual behaviors and, among people living with HIV, can hurt treatment outcomes.
- **Opioids.** Opioids, a class of drugs that reduce pain, include both prescription drugs and heroin. They are associated with HIV risk behaviors such as needle sharing when infected and risky sex, and have been linked to a recent HIV outbreak.
- **Methamphetamine.** “Meth” is linked to risky sexual behavior that places people at greater HIV risk. It can be injected, which also increases HIV risk if people share needles and other injection equipment.
- **Crack cocaine.** Crack cocaine is a stimulant that can create a cycle in which people quickly exhaust their resources and turn to other ways to get the drug, including trading sex for drugs or money, which increases HIV risk.
- **Inhalants.** Use of amyl nitrite (“poppers”) has long been linked to risky sexual behaviors, illegal drug use, and sexually transmitted diseases among gay and bisexual men.

TB Elimination

Tuberculosis: General Information

What is TB?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.

What are the Symptoms of TB?

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

How is TB Spread?

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection.

What is the Difference Between Latent TB Infection and TB Disease?

People with latent TB infection have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease.

People with TB disease are sick from TB germs that are active, meaning that they are multiplying and destroying tissue in their body. They usually have symptoms of TB disease. People with TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can treat TB disease.

What Should I Do If I Have Spent Time with Someone with Latent TB Infection?

A person with latent TB infection cannot spread germs to other people. You do not need to be tested if you have spent time with someone with latent TB infection. However, if you have spent time with someone with TB disease or someone with symptoms of TB, you should be tested.

What Should I Do if I Have Been Exposed to Someone with TB Disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

How Do You Get Tested for TB?

There are tests that can be used to help detect TB infection: a skin test or TB blood tests. The Mantoux tuberculin skin test is performed by injecting a small amount of fluid (called tuberculin) into the skin in the lower part of the arm. A person given the tuberculin skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm. The TB blood tests measures how the patient's immune system reacts to the germs that cause TB.

What Does a Positive Test for TB Infection Mean?

A positive test for TB infection only tells that a person has been infected with TB germs. It does not tell whether or not the person has progressed to TB disease. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

What is Bacille Calmette–Guèrin (BCG)?

BCG is a vaccine for TB disease. BCG is used in many countries, but it is not generally recommended in the United States. BCG vaccination does not completely prevent people from getting TB. It may also cause a false positive tuberculin skin test. However, persons who have been vaccinated with BCG can be given a tuberculin skin test or TB blood test.

Why is Latent TB Infection Treated?

If you have latent TB infection but not TB disease, your doctor may want you to take a drug to kill the TB germs and prevent you from developing TB disease. The decision about taking treatment for latent infection will be based on your chances of developing TB disease. Some people are more likely than others to develop TB disease once they have TB infection. This includes people with HIV infection, people who were recently exposed to someone with TB disease, and people with certain medical conditions.

How is TB Disease Treated?

TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine and take the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs. TB that is resistant to drugs is harder and more expensive to treat. In some situations, staff of the local health department meet regularly with patients who have TB to watch them take their medications. This is called directly observed therapy (DOT). DOT helps the patient complete treatment in the least amount of time.

Additional Information

CDC Questions and Answers About TB <http://www.cdc.gov/tb/publications/faqs/default.htm>
<https://www.cdc.gov/tb/publications/factsheets/general/tb.pdf>