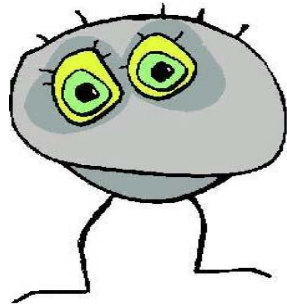
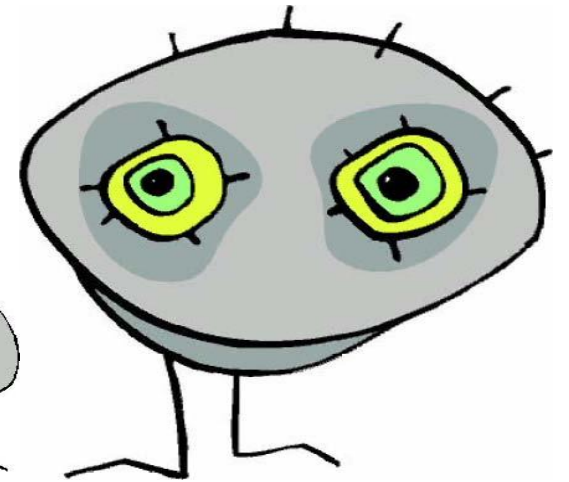
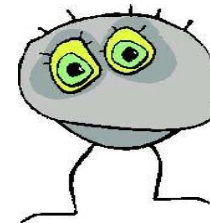


A Pocket Guide to Blood-borne Viruses



HIV and AIDS
Hepatitis B
Hepatitis C



A Pocket Guide to Blood-borne Viruses

**This question and answer tool kit has been designed
by the Children in Care Team
(Integrated Children's Services)
with
input of Devon Health Protection Unit
and The Eddystone Trust.**

**The aim is to raise awareness of blood-borne viruses
i.e. what they are, how they are spread
and how to minimise risk of transmission.**

What is a Blood-borne Virus?

A virus which lives and reproduces itself in the blood. The virus can survive in blood, semen, vaginal and anal fluid secretions and breast milk.

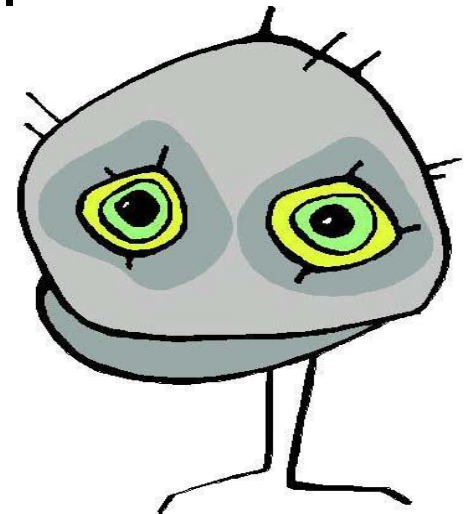
The viruses highlighted in this pocket guide are:-

- Human Immunodeficiency Virus (HIV) which causes Acquired Immune Deficiency Syndrome (AIDS)
- Hepatitis B
- Hepatitis C



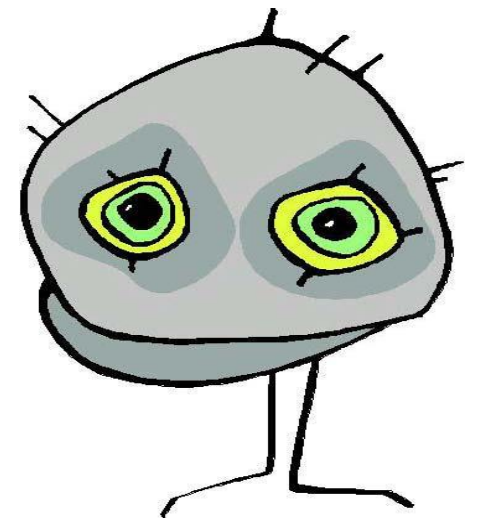
Blood-borne Viruses can:

- be infections that some people carry in their blood.
- cause illness and severe disease in some people and few or no symptoms in others.
- can be passed on to another person if the virus finds a way into another person's bloodstream.
- be spread to another person even if the person passing on the virus is not ill.



Blood-borne viruses are NOT spread by:

holding hands,
coughing,
sneezing,
kissing,
sharing bathrooms,
swimming pools,
toilets,
food,
cups,
cutlery or crockery.



HIV and Aids

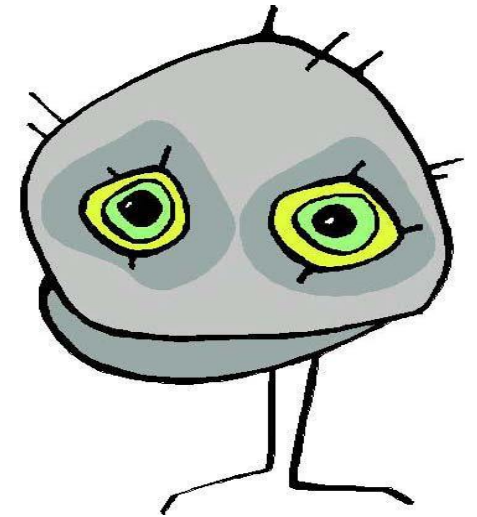
What is the difference between HIV and Aids?

- HIV is a virus that damages the immune system.
- A person can have HIV for many years and feel generally well, but
- Over a period time, HIV leaves the body vulnerable to infections which take advantage of a damaged immune system caused by HIV.
- AIDS is the name given to a group of infections.

Is there a cure for HIV and AIDS?

There is as yet no vaccine against HIV infection or a cure for AIDS.

However, effective treatments are available that can improve the quality of life and extend the lifespan for people with HIV.



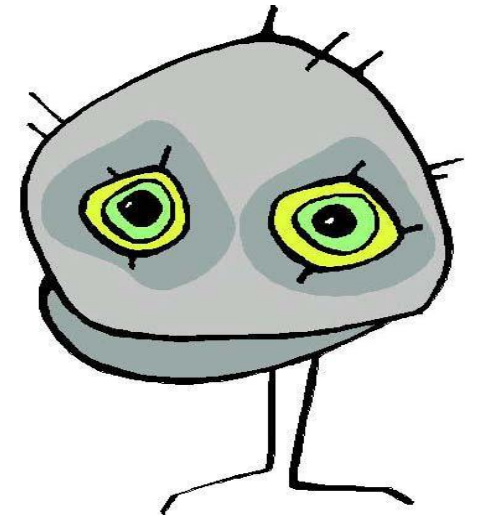
How is HIV spread?

- **Unprotected anal or vaginal sex** with someone who is HIV positive.
- **Sharing needles** (for tattooing, piercing or injecting drugs).
- **Sharing other drug injecting equipment** (e.g. syringes or filters).
- **From a mother to her child** during pregnancy, birth or breastfeeding.
- **In some countries HIV may be transmitted through infected blood products.** In the UK all blood is screened to ensure this does not happen.
- **Sharing razors and toothbrushes** which may be contaminated with blood from an infected person which may enter the bloodstream via open sores or cuts in the mouth.

Hepatitis B and C

What is it?

- Hepatitis means inflammation of the liver.
- It causes jaundice and sometimes permanent liver damage including cirrhosis.



Hepatitis B

This virus is found in blood, semen, vaginal and anal fluid secretions and breast milk and spread through:

- sharing contaminated needles and syringes and drug taking equipment
- unprotected sexual intercourse
- mother to baby at birth or breast feeding
- tattooing, ear and body piercing or acupuncture with non sterile needles or equipment
- sharing razors and toothbrushes (which may be infected with blood from an infected person).

Who is at risk from Hepatitis B?

Anyone who has not been immunised or acquired immunity from previous infection.

Who can be immunised?

Foster carers (and family members) undertaking emergency and short term placements should be offered immunisation against Hepatitis B.

These carers have been prioritised because they may take children who are placed at short notice and their health information may not be available.



What do I need to do to get immunised?

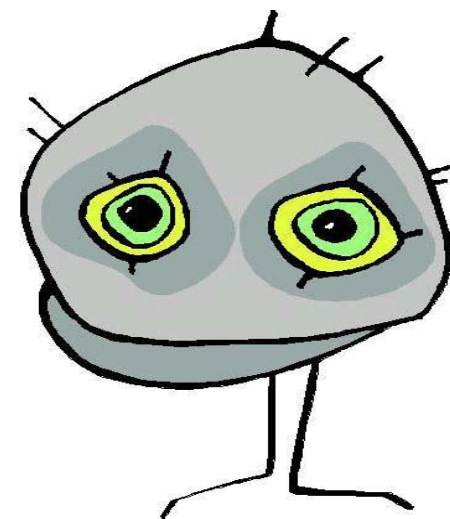
Ask your social worker for a letter to take to your doctor.

Alternatively, contact your Named Nurse for Children in Care.

The course involves three injections spaced over six months

There may be an option for the accelerated course if necessity is indicated

A single booster dose of vaccine may be recommended around five years after primary immunisation.



Hepatitis C

- Usually passed on through blood and requires a way into another person's bloodstream.
- Spread via contaminated needles and syringes and other drug taking equipment, including snorting (particularly between injecting drug users).
- Skin piercing procedures such as tattooing and acupuncture with non sterile needles or equipment.
- There is no vaccine available to prevent Hepatitis C.

However, there are treatments available to treat the effects of hepatitis C. These help to reduce the damage to the liver.

Testing for Blood Borne Viruses

Should he/she be tested?

Children will only be tested if they are considered to be at risk of a blood-borne virus and if it is in the best interest of the child.

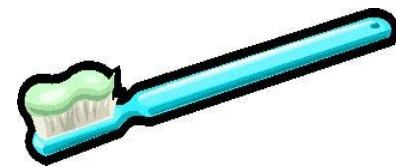
Is consent required and who will test?

Parental consent is usually required for testing.
Courts can exercise authority over any decision made.

A doctor or nurse will perform the blood test.

How can you reduce the risk of transmission of these viruses?

- Cover cuts or broken skin with waterproof plaster
- Do not share toothbrushes: offer separate container as universal practice
- Do not share razors

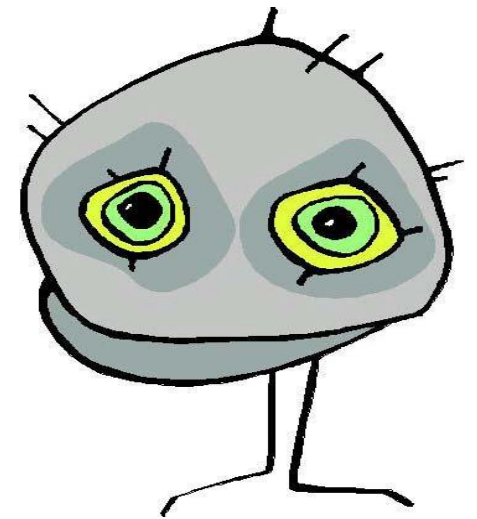


Are other body fluids infectious?

Yes and No!

Urine, faeces, saliva, sputum and vomit are not considered to pose a risk of HIV, Hepatitis B or Hepatitis C infection, unless they are contaminated with blood.

However, small amounts of blood are not always readily seen in these fluids and therefore we need to adopt safe practices at all times.



Simple Steps (Universal precautions)

- Hand hygiene is important it protects against specific types of Hepatitis.
- Hepatitis B Immunisation is available for carers and their families (emergency & short term placements).
- Gloves should be worn when dealing with injuries.
- Advise young people re: sterile equipment i.e tattooing, ear piercing or body piercing.
- Advise young people (age appropriate) re: safer sex (always use a condom).

Always wash your hands.

Universal precautions continued...

- Spillages of blood or body fluids should be dealt with using gloves if possible:
Small spillage: use hot water and detergent.
Large spillage: use paper towels, hot water and detergent with bleach if possible.
- Sanitary towels, tampons, nappies should be wrapped in newspaper and/or put into a bag and placed in the bin.



You can hug me.. If you want to..

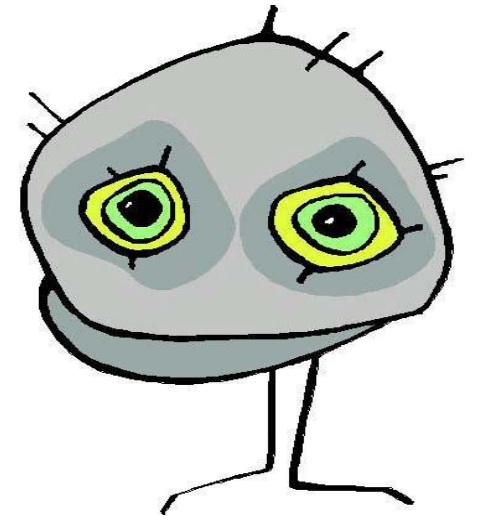
Blood borne viruses are not spread by holding hands, coughing, sneezing, kissing, sharing bathrooms, swimming pools, toilets, food, cups, cutlery or crockery. These viruses are spread via blood to blood contact, sharing contaminated needles, syringes or unsterilised equipment. (All blood donations in UK are screened).

Some blood-borne viruses are spread via unprotected sexual intercourse with an infected person or from a mother to her baby

Invasive medical or dental treatment abroad where non-sterile instruments or needles are used.

Remember

By understanding the potential chain of infection and how to break the chain, we can all protect ourselves against blood borne viruses.



Contact number of Nurse for Children In Care

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Gwyneth Nightingale: 07969 129 938

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Cathy Jermey : 07817 276807

Alison Bodgin : 07772650792

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Hilary Corfe : 01271 341535



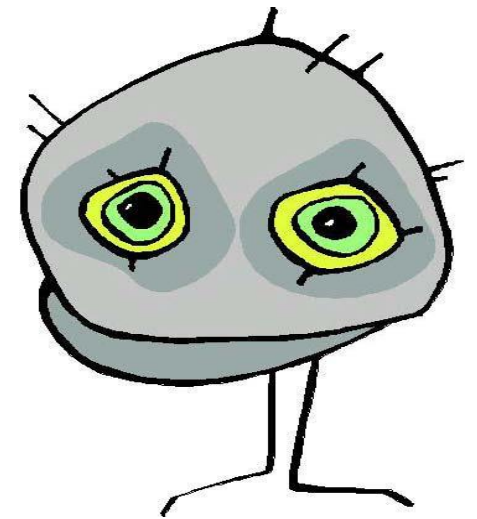
Contact numbers of Doctors for Children In Care

Devon Lead - Ron Smith : 01392 406145

Southern - Myfanwy Giblin : 01803 655286

Eastern - Locum Doctor : 01392 403128

Northern - Farah Tanvir : 01271 341521



Contact numbers for Health Protection Team and The Eddystone Trust

South West South Health Protection Agency: Tel 0844 225 3557

The Eddystone Trust: 0800 328 3508
The main office is Plymouth

www.eddystone.org.uk

*The information contained in this booklet is limited and if you would like more detailed
Information please contact The Eddystone trust*

