

**BLOODBORNE PATHOGENS FOR HEALTH CARE WORKERS  
ANNOTATED TRAINING OUTLINE  
SECTION II TRANSMISSION**

**OBJECTIVES**

1. List the body fluids that contain enough HIV, HBV, or HCV to transmit infection.
2. Name the modes of transmission outside the workplace.
3. Describe and give examples of the three major modes of bloodborne transmission in the workplace.

**OUTLINE**

A. Body Fluids that May Contain Enough of the Virus to Transmit HBV or HIV Include:

1. Blood
2. Body fluids that contain blood
3. Body fluids where it is difficult or impossible to differentiate what type of fluid is present
4. Semen
5. Vaginal secretions
6. Fluid from around an unborn baby
7. Fluid from spine, lungs or joints
8. Body tissues

B. List of Body Fluids Which Are **NOT** Sources of BBP:

Other body fluids do not contain enough of HIV or HBV to lead to infection. These include:

1. Urine
2. Feces
3. Saliva
4. Sputum
5. Vomit
6. Tears
7. Sweat
8. Nasal secretions

**It is important to keep in mind that if any of these fluids contain blood or are mixed with other body fluids that are potentially infectious, these fluids should also be considered potentially infectious.**

**Be sure that health care personnel understand that this applies only to bloodborne pathogens. Other pathogens can be spread by most of these fluids. Standard precautions are in place to prevent the spread of other pathogens. See *Infection Control Program Manual*.**

C1. List of Modes of Transmission Outside the Workplace:

- a. **Sexual contact** by exposure to semen or vaginal secretions.
- b. **Sharing needles** by exposure to blood.
- c. **Receiving blood transfusions**—Screening programs have decreased this risk to a minimum. A recent article estimates that of 12 million donations collected nationally each year there would be an estimated 18 to 27 infectious donations available for transfusion.
- d. **Perinatal**—Mother to baby by contact with blood or other body fluids before or at the time of birth **or** mother to baby during nursing through breast milk (for HIV, not HBV).

C2. List of Modes of Transmission Inside the Workplace:

- a. Puncture wounds—Contaminated needles or other sharps. Any injury that breaks the skin which involved a needle or sharp that has been used and is contaminated with blood or OPIM.
- b. Nonintact Skin contact—Through wounds, cuts, or broken or damaged skin. If skin is not intact, then getting blood or OPIM onto that open area will possibly allow transfer of bloodborne pathogens
- c. Mucous membrane contact—Eyes, mouth, and nose. Mechanism can be by splashes or by touching these areas with your hands when your hands are contaminated by significant body fluids.

D. Examples of Workplace Risks for Transmission:

1. Giving injections
2. Disposing of needles
3. Working with a sharp instrument
4. Working with lab specimens
5. IV manipulation
6. Redressing wounds
7. Cleaning up blood spills
8. Others that you can think of that have occurred in your setting

E. Bloodborne Pathogens are **Not** Spread By Casual Contact Such As:

1. Shaking hands
2. Using telephones
3. Sitting on toilet seats
4. Using drinking fountains
5. Drinking from the same glass

**Other Reference**

CDC information sheets on transmission