HIV, AIDS & Communicable Diseases

Objectives
1. Identify risky behaviors engaged in by juveniles concerning sexually transmitted diseases.
2. Explain the difference between HIV & AIDS and how to handle confidential information.
3. Identify basic signs and symptoms of common communicable and sexually transmitted diseases in detention centers.
4. Explain OSHA’s Universal Precaution guidelines.

STD-Related Risky Behaviors Engaged in by Juveniles
- Unprotected sex
- Substance abuse
- Alcohol abuse
- Multiple partners
- Sexual activity at early age

HIV
- Human
- Immunodeficiency
- Virus

AIDS
- Acquired
- Immune
- Deficiency
- Syndrome

HIV to AIDS
- HIV is the virus that causes the disease AIDS.
- General stages of HIV infection before AIDS develops:
  - Infection
  - Response
- No Symptoms
- Symptoms
  - AIDS is diagnosed when you have a variety of symptoms, infections, and specific test results.

**Modes of Transmission of HIV**
- Bodily fluids
- Sexual contact
- Birth

**NO evidence that HIV is spread through:**
- Sweat
- Tears
- Urine
- Feces

**How HIV/AIDS is NOT Transmitted**
- Casual Contact
- Shaking Hands
- Hugging
- Eating in Restaurants
- Using Restrooms
- Swimming
- Donating Blood
- Being Around Someone Who is HIV+

**Confidentiality of HIV Information**
- Written Authorization Form Signed by the Patient
Texas Health & Safety Code 81.103 specifies who this information can be shared with:

- Class A Misdemeanor for release of information to unauthorized personnel

**HEALTH & SAFETY CODE**

**SUBTITLE D. PREVENTION, CONTROL, AND REPORTS OF DISEASES**

**CHAPTER 81. COMMUNICABLE DISEASES**

**SUBCHAPTER F. TESTS FOR ACQUIRED IMMUNE DEFICIENCY SYNDROME AND RELATED DISORDERS**

Sec. 81.103. CONFIDENTIALITY; CRIMINAL PENALTY.

a) A test result is confidential. A person that possesses or has knowledge of a test result may not release or disclose the test result or allow the test result to become known except as provided by this section.

b) A test result may be released to:

1. the department under this chapter;
2. a local health authority if reporting is required under this chapter;
3. the Centers for Disease Control of the United States Public Health Service if reporting is required by federal law or regulation;
4. the physician or other person authorized by law who ordered the test;
5. a physician, nurse, or other health care personnel who have a legitimate need to know the test result in order to provide for their protection and to provide for the patient's health and welfare;
6. the person tested or a person legally authorized to consent to the test on the person's behalf;
7. the spouse of the person tested if the person tests positive for AIDS or HIV infection, antibodies to HIV, or infection with any other probable causative agent of AIDS;
8. a person authorized to receive test results under Article 21.31, Code of Criminal Procedure, concerning a person who is tested as required or authorized under that article; and
9. a person exposed to HIV infection as provided by Section 81.050.

c) The court shall notify persons receiving test results under Subsection (b)(8) of the requirements of this section.

d) A person tested or a person legally authorized to consent to the test on the person's behalf may voluntarily release or disclose that person's test results to any other person, and may authorize the release or disclosure of the test results. An authorization under this subsection must be in writing and signed by the person tested or the person legally authorized to consent to the test on the person's behalf. The authorization must state the person or class of persons to whom the test results may be released or disclosed.

e) A person may release or disclose a test result for statistical summary purposes only without the written consent of the person tested if information that could identify the person is removed from the report.
f) A blood bank may report positive blood test results indicating the name of a donor with a possible infectious disease to other blood banks if the blood bank does not disclose the infectious disease that the donor has or is suspected of having. A report under this subsection is not a breach of any confidential relationship.

g) A blood bank may report blood test results to the hospitals where the blood was transfused, to the physician who transfused the infected blood, and to the recipient of the blood. A blood bank may also report blood test results for statistical purposes. A report under this subsection may not disclose the name of the donor or person tested or any information that could result in the disclosure of the donor’s or person’s name, including an address, social security number, a designated recipient, or replacement information.

h) A blood bank may provide blood samples to hospitals, laboratories, and other blood banks for additional, repetitive, or different testing.

i) An employee of a health care facility whose job requires the employee to deal with permanent medical records may view test results in the performance of the employee’s duties under reasonable health care facility practices. The test results viewed are confidential under this chapter.

j) A person commits an offense if, with criminal negligence and in violation of this section, the person releases or discloses a test result or other information or allows a test result or other information to become known. An offense under this subsection is a Class A misdemeanor.
Sexual Transmission

**Skin to Skin Contact**
Infected or Infested Skin + Contact with susceptible skin = Transmission

**Body Fluids**
Body Fluids + Enter into the body = Transmission

**Skin to Skin Contact**
Genital Herpes
Genital Warts (HPV)
Syphilis
Pubic Lice
Scabies
Hepatitis A

**Body Fluids**
Chlamydia
Gonorrhea
HIV
Hepatitis A
Hepatitis B
Hepatitis C

Transmission Categories

**PARASITES**
- Scabies, Crabs, Lice

**BACTERIAL**
- Gonorrhea, Syphilis, Chlamydia

**VIRAL**
- Herpes, HPV, HIV/AIDS, & Hepatitis B, C
Scabies

- Microscopic mites burrow in the skin
- Symptoms:
  - Pimple-like irritations
  - Rashes
  - Intense itching
- Transferred through:
  - Skin to skin contact
  - Contact with contaminated clothing, bed linens, towels or furniture
  - Treated with medicated creams
- Contaminated items should be washed in hot water

Crabs/Pubic Lice

- Visible to the naked eye
- Cause itching in the genital region
- Spread by:
  - Sexual contact
  - Sharing personal hygiene items, infested clothing or bed linens
- Insecticidal shampoo available without a prescription is the most common treatment
- Infected items including clothing, combs and bed linens should be washed in hot water

Gonorrhea

- Can infect the genital tract, mouth, throat, eyes, and rectum of both men and women.
- Most men and women show no signs of the infection
- Can be cured with antibiotics.

Syphilis

- Chancre appears at site of the infection
• Chancre lasts 3-6 days
• Body Rashes
• Fever, hair loss, muscle pains, sore throat, and swollen glands

Chlamydia
• Most frequently reported bacterial STD in the U.S.
• Bacterial infection
• Damages the reproductive organs
• Infects the genital tract, throat, and rectum of both men and women
• 2/3 of women and ½ of men have no symptoms
• Can be cured with antibiotics.
• If left untreated, may cause sterility and / or blindness

Herpes (HSV)

HSV - 1
• Cold Sores
• Oral-genital frequent

HSV - 2
• Genital lesions
• Genital-oral infrequent

Human Papillomavirus (HPV)
• Symptoms
  o Genital warts
  o Cervical lesions
  o Cervical cancer
  o Other genital cancers
  o Infects men, women, and newborns.
**Hepatitis**

- Hepa = liver
- itis = inflammation
- There are 5 types of Hepatitis
  - A, B, C, D, E

<table>
<thead>
<tr>
<th>HEPATITIS</th>
<th>A VIRUS</th>
<th>B VIRUS</th>
<th>C VIRUS</th>
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</table>
| TRANSMISSION | • Stool  
               • Contaminated Food / Water  
               • Person to Person Contact | • Infected body fluids  
               • Contaminated Needles  
               • Mother to child at birth  
               • Human bite  
               • Sexual contact | • Infected body fluids  
               • Contaminated needles  
               • Sexual contact |
| INCUBATION | • Average 28 to 30 days | • Average 60 to 90 days | • Average 6-9 weeks |
| VACCINATION | • 2 doses over 6-12 months  
               • Lasts for 20 years | • 3 doses over 6 months  
               • Lasts for 18 years | • NO Vaccination |
| WHO IS AT RISK | • Sexual Contact with infected person  
                  • Injection Drug Users  
                  • Health Care Workers  
                  • Law-Enforcement Workers  
                  • Blood Transfusion recipients before 1992  
                  • Household contact  
                  • Living in the same area as an outbreak  
                  • Travel overseas  
                  • Infants of infected mothers  
                  • Internasal Contact |
Symptoms of Hepatitis

- Fatigue
- Loss of appetite
- Nausea
- Abdominal Pain
- Dark Urine
- Vomiting
- Jaundice (yellowing of skin and/or eyes)
- Diarrhea
- Light Colored Stools

Tuberculosis

- Airborne bacteria
- Can be spread from one person to another when an infected person coughs or sneezes.
- Symptoms: fever, weight loss, productive cough that becomes bloody and yellow, fatigue, night sweats, chest pain, shortness of breath.
- Skin test can tell you if you have been exposed to TB
- A chest X-ray can tell you if you have active TB disease.
- There are medications to prevent and treat TB.

Pink Eye (Conjunctivitis)

- Viral or bacterial infection
- Causes redness or irritation of the eye
- Symptoms: redness in and around the eye, discharge and swollen eyelids.
• Highly contagious
• Transferred through direct contact
• Bacterial pink eye requires antibiotic treatment
• Viral pink eye may not require antibiotics
• Warm compresses are helpful in both cases

Staphylococcus & MRSA
• Staphylococcus is group of bacteria, familiarly known as Staph, that can cause a multitude of diseases
• MRSA is a type of staph that cause serious infections and is resistant to antibiotic treatment
• Can be simple and localized, such as with impetigo
• Can become widespread by infecting the blood and internal organs
• Transmission occurs through contact with secretions from infected skin lesions or nasal discharge
• Treatment includes antibiotics

Streptococcus (A)
• Is a bacterium often found in the throat and on the skin
• There are two groups – Group A or B
• Most infections are mild illness, such as “strep throat” or impetigo, but can cause life-threatening diseases
• Spread through:
  o Direct contact with mucus from the nose or throat of persons who are infected
  o Contact with infected wounds or sores on the skin

H1N1 Influenza (Flu)
• New influenza virus
• First detected in US population in April 2009
• First cases confirmed in California and Texas (Guadalupe County)
• Spread through coughing and sneezing by people with influenza
Infection may also occur via touching infected inanimate objects

**How Can We Protect Ourselves?**

- Wash your hands often with soap and water
- Cover your nose and mouth when you cough or sneeze
- Avoid touching your eyes, nose and mouth (mucous membranes transmit the virus more easily)
- Stay home if you are ill
- Maintain a healthy lifestyle—get adequate sleep, stay hydrated, exercise

**Contagious or Infectious Disease**

- Texas Administrative Code 343.406(11)(e) & 343.338

**OSHA’s Universal Precaution Guidelines for Exposure to Bodily Fluids**

- Based on the assumption that medical history and examination cannot identify all infected patients.
- All blood and other bodily fluids are treated as if they are infectious.

**OSHA-Protective Gear**

- Reduce the risk of contact with blood and other bodily fluids
- Control the spread of infectious agents
  - Gloves
  - Face Shields
  - Clean up kits

**Preventing the Spread of Communicable Diseases**

- OSHA’s Universal Precautions
- Wear Protective Gear
- Wash Hands
- Cover Open Wounds
• Clean Areas Quickly with Bleach
• Clean Dirty Laundry Immediately

OSHA Guidelines - Hand Washing

• Most essential component of infection control

• Wash immediately after:
  o Contacting blood or body fluids
  o Contacting soiled garments/objects
  o Contacting used equipment
  o Removing protective equipment

• Wash immediately before:
  o Eating, drinking
  o Smoking
  o Applying cosmetics
  o Handling contact lenses
Hand washing is the best way to prevent infections!

1. Wet hands with warm water to melt the soap
2. Apply soap to produce lather
3. Rub for 10-20 seconds to remove 80% of germs
4. Rinse away germs
5. Dry hands with paper towel
6. Turn off tap with paper towel