

## Tehama County Health Providers who accept Medi-Cal:

Lassen Medical Group — 527-0414

2450 Sister Mary Columba Dr., Red Bluff

Greenville Rancheria — 528-8600

1425 Montgomery Rd., Red Bluff

Red Bluff Medical Clinic — 528-2420

658 Washington St., Red Bluff

Cottonwood Medical Group — 347-4867

20633 Gas Point Rd., Cottonwood

Corning Medical Associates — 824-4663

155 Solano Street, Corning

Los Molinos Family Health — 384-2372

7883 Highway 99E, Los Molinos

**\*\*This is not a complete listing.\*\***

**Call the health provider of your  
choice today and ask if they accept  
Medi-Cal clients.**

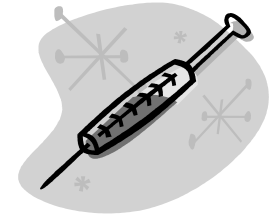
To find out about low and no-cost health insurance, contact Tehama County Social Services for Medi-Cal information at **527-1911** or the Medi-Cal/Healthy Families program at **1-800-880-5305**.



**School Health 2008-2009** pamphlets are produced by the Tehama County Department of Education and reviewed by the county nurses.

## SCHOOL HEALTH 2008-2009

# Germs & Blood Borne Pathogens



*A quick guide for students, parents  
and educators on understanding  
how germs and BBPs are spread*

## What is a Blood Borne Pathogen (BBP)?

Blood borne pathogens (BBPs) are microorganisms in the blood or other body fluids that can cause illnesses and diseases in people. Most people think of AIDS and HIV when blood borne diseases are mentioned, but the hepatitis B virus (HBV) is much more common. HBV causes serious liver problems.

Transmission of the BBPs can occur through contact with contaminated blood and body fluids.

BBPs can be spread through:

- Needles
- Broken glass
- Razorblades
- Scalpels
- Open cuts or abrasions
- Sexual contact
- Touching blood or other body fluids and then touching your mouth, eyes, or nose.



### The school nurse's rule:

**If it didn't come from your body, don't touch it!**

## Facts about GERMS:

Germs mainly spread person to person through "respiratory droplets" from coughing and sneezing. Droplets from an infected person travel through the air and land in the mouth and nose of people nearby.

Germs can sometimes be spread when droplets land on surfaces like **desks, cafeteria tables, toilets, pencils, keyboards, door knobs and sinks**. Some viruses and bacteria can live 2 hours and more on various surfaces.

22 million school days are missed each year in the U.S. for the common cold alone.

Children who regularly wash their hands get sick on average 20% less than children who do not practice proper hygiene.

## How to reduce the spread of germs and BBPs:

Wash your hands often. Scrub with soap and warm water for at least 20 seconds, rinsing thoroughly after. \*\*A good rule of thumb is to sing the Happy Birthday song twice while washing your hands.

Avoid touching your eyes, nose, and mouth.



Cover your mouth with a tissue when you cough or sneeze. Dispose of the tissue immediately and wash your hands. **\*If tissues are not available, cough into your elbow.\***

Don't share drinks, water bottles, cell phones or music devices with friends.

Plenty of good sleep and a healthy diet are essential to maintaining a healthy immune system.

**For Parents and Teachers:** Using the *Universal Precautions* when handling the body fluids of another person can prevent the spread of illnesses. They are:

- Use disposable latex gloves
- Double bag all items soiled with body fluids
- Wash hands after each contact
- Clean surfaces with EPA approved disinfectant or a 1:10 solution of household bleach (Note: bleach can damage surfaces and objects such as clothes, carpets, tile, etc...)
- If you are responsible for CPR at your school, use devices to prevent the back flow of fluids from the recipient's mouth



For more information on childhood illnesses and links to services, visit the United States Department of Health and Human Services website at:  
<http://www.hhs.gov/children/index.shtml>