

## **UPLANDS COLLEGE POLICY GUIDELINES ON AIDS (BASED ON ISASA DOCUMENT ON HIV/AIDS)**

### **1. Safe Uplands Environment**

- 1.1 Uplands will implement universal precautions to effectively eliminate the risk of transmission, of all blood-borne pathogens, including HIV, in the school environment, as far as is practical.
- 1.2 The basis for advocating the consistent application for universal precautions lies in the assumption that in situations of potential exposure to HIV, all persons are potentially infected and all blood and body fluids and excretions which could be stained or contaminated with blood (for example tears, saliva, mucus, phlegm, urine, vomit, faeces and pus) is therefore to be treated as potentially infectious.
- 1.3 Blood, especially in large spills such as from nosebleeds, should be handled with extreme caution.
- 1.4 Skin exposed accidentally to blood should be cleaned promptly with water and disinfectant, in every instance.
- 1.5 All bleeding wounds, sores, breaks in the skin, grazes and open skin lesions should be cleaned immediately with a suitable antiseptic such as hypochlorite (for instance bleach or Milton), 2% gluteraldehyde (for instance Cider), organic iodines, or 70% alcohol (for instance ethyl alcohol or isopropyl alcohol).
- 1.6 If there is a biting or scratching incident where the skin is broken, the wound should be washed thoroughly with running water and disinfectant.
- 1.7 Blood splashes on the face (mucous membranes of eyes, nose or mouth) should be flushed with running water for at least three minutes.
- 1.8 All open wounds, sores, breaks in the skin, grazes and open skin lesions should be covered securely with a non-porous or waterproof dressing or plaster so that there is no risk of exposure to blood.
- 1.9 Cleansing and washing should always be done with running water and not in containers of water. Where running tap water is not available containers should be used to pour water over the area to be cleansed.
- 1.10 All persons attending to blood spills, open wounds, sores, breaks in the skin, grazes, open skin lesions, body fluids and excretions should wear protective latex gloves to exclude the risk of HIV transmission effectively. However, emergency treatment should not be delayed because gloves are not available. Bleeding can be managed by compression with material that will absorb the blood, for example a towel. However, people who have skin lesions should not attempt to give first aid when no latex gloves are available.
- 1.11 If blood has contaminated a surface, that surface should be cleaned with fresh, clean bleach solution and the person responsible for this should wear latex gloves. Other body fluids and excretions that could be stained or contaminated with blood (for instance tears, saliva, mucus, phlegm, urine, vomit, faeces and pus) should be cleaned up in similar fashion.
- 1.12 Blood-contaminated materials should be sealed in a plastic bag and incinerated or sent to an appropriate disposal firm.

- 1.13 If instruments (for instance scissors) become contaminated with blood or other body fluids, they should be washed and placed in a strong bleach solution for at least one hour before drying and re-use.
- 1.14 At least two first-aid kits, each of which contains the following should be available on the school premises, and accessible from the playground and sports fields:
- Two large and two medium pairs of disposable latex gloves;
  - Two large and two medium pairs of rubber household gloves for handling blood-soaked materials in specific instances (for example when broken glass makes the use of latex gloves inappropriate);
  - Absorbent material, waterproof plasters, disinfectant (such as hypochlorite), scissors, cottonwool, gauze tape, tissues, containers for water and a resuscitation mouth piece or similar device with which mouth-to-mouth resuscitation could be applied without any contact being made with blood or other body fluids;
- 1.15 Universal precautions are in essence barriers to prevent contact with blood or body fluids. Adequate barriers can also be established by using less sophisticated devices than those described in above, such as:
- 1.16 All learners, students, educators and other staff members, including sports coaches, should be given appropriate information and training on HIV transmission, the application of universal precautions and the importance of adherence thereto.
- 1.17 Learners and students should be instructed never to touch the blood, open wounds, sores, breaks in the skin, grazes and open skin lesions of others, nor to handle emergencies such as nosebleeds, cuts and scrapes of friends on their own. They should be taught to call for the assistance of an educator or other staff members.
- 1.18 Parents of learners and students should be informed about the universal precautions that will be adhered to at a school or an institution.

## **2. Prevention of HIV transmission during play and sport**

Considering:

- 2.1 The risk of HIV transmission as a result of contact play and contact sport is generally insignificant.
- 2.2 The risk increases where open wounds, sores, breaks in the skin, grazes, open skin lesions or mucous membranes of learners, students and educators without HIV are exposed to infected blood.
- 2.3 Certain contact sports (such as rugby and boxing) may represent an increased risk of HIV transmission.
- 2.4 Adequate wound management, in the form of the application of universal precautions is essential to contain the risk of HIV transmission during contact play and contact sport.

Therefore:

- 2.5 No learner or student may participate in contact play or contact sport with an open wound, sore, break in the skin, graze or open skin lesion.

- 2.6 If bleeding occurs during contact play or contact sport, the injured player should be taken off the playground or sports field immediately and appropriately treated. Only then may the player resume playing and only for as long as any open wound, sore, break in the skin, graze or open skin lesion remains
- 2.7 Soiled clothes must be changed.
- 2.8 The same precaution should be applied to injured educators, to staff members and injured spectators.
- 2.9 Sports participants, including coaches, with HIV/AIDS should preferably seek medical counselling before participation in sport, in order to assess risks to their own health as well as the risk of HIV transmission to other participants.
- 2.10 Staff members acting as sports administrators, managers and coaches should ensure the availability of first-aid kits and the adherence to universal precautions in the event of bleeding during sports participation.

### **3. Education on HIV/AIDS at Uplands College**

- 3.1 A continuing HIV/Aids education programme must be implemented to all Uplands learners, educators and other staff members.
- 3.2 Age-appropriate education on HIV/AIDS must form part of the curriculum for all learners and should be integrated in the life skills education programme for learners. This should include the following:
- Providing information on HIV/AIDS in South Africa and developing the life skills necessary for the prevention of these;
  - Inculcating, from an early age onwards, basic first-aid principles, including how to deal with bleeding;
  - Emphasizing the role of drugs, sexual abuse and violence in the transmission of HIV;
  - Encouraging learners and students to make use of health care, counselling and support service (including services related to reproductive health care and the prevention and treatment of sexually transmitted diseases) offered by community service organisations and other disciplines;
  - Teaching learners and students how to behave towards persons with HIV/AIDS;
  - Cultivating an enabling environment and a culture of non-discrimination towards persons with HIV/AIDS;
  - Providing information on appropriate prevention and avoidance measures including abstinence from sexual intercourse, the use of condoms and the application of universal precautions.
- 3.3 Education and information regarding HIV/AIDS must be given in an accurate and scientific manner and in language and terms that are understandable.
- 3.4 Parents of learners and students must be informed about all HIV/AIDS education offered at the school and institution, the learning content and methodology to be used as well as values that will be imparted. They should be invited to participate in parental guidance sessions and should be made aware of their role as sexuality educators and imparters of values at home.

#### **4. Duties and responsibilities of learners, students, educators and parents**

- 4.1 All learners, students and educators should respect the right of other learners, students and educators;
- 4.2 It should be emphasized that the ultimate responsibility for a learner's behaviour rests with his or her parents. Parents of all learners:
  - Are expected to require learners to observe all rules aimed at preventing behaviour which may create the risk of HIV transmission;
  - Are encouraged to take an active interest in acquiring any information or knowledge on HIV/AIDS supplied by the school or institution, and to attend meetings convened for them by the Advisory Council.
- 4.3 It is recommended that a learner or educator with HIV/AIDS and his or her parent, in the case of learners or students, should obtain medical opinion to assess whether the learner or educator, owing to his or her condition or conduct, poses a medically recognised significant health risk to others. If such a risk is established, the principal of the school and the Chairman of the Advisory Council must be informed. The principal of the school, after consulting with the Chairman of the Advisory Council, must take the necessary steps to ensure the health and safety of all the other learners, educators and other staff members.
- 4.4 Educators have a particular duty to ensure that the rights and dignity of all learners, students and educators are respected, protected and promoted.
- 4.5 No member of staff may be denied the right to work or to be promoted on account of their HIV/AIDS status.
- 4.6 In the case of a pupil being too ill to attend school, the school must make available material for the pupil that he/she can study at home.
- 4.7 No staff member or pupil is compelled to disclose his/her HIV/AIDS status.