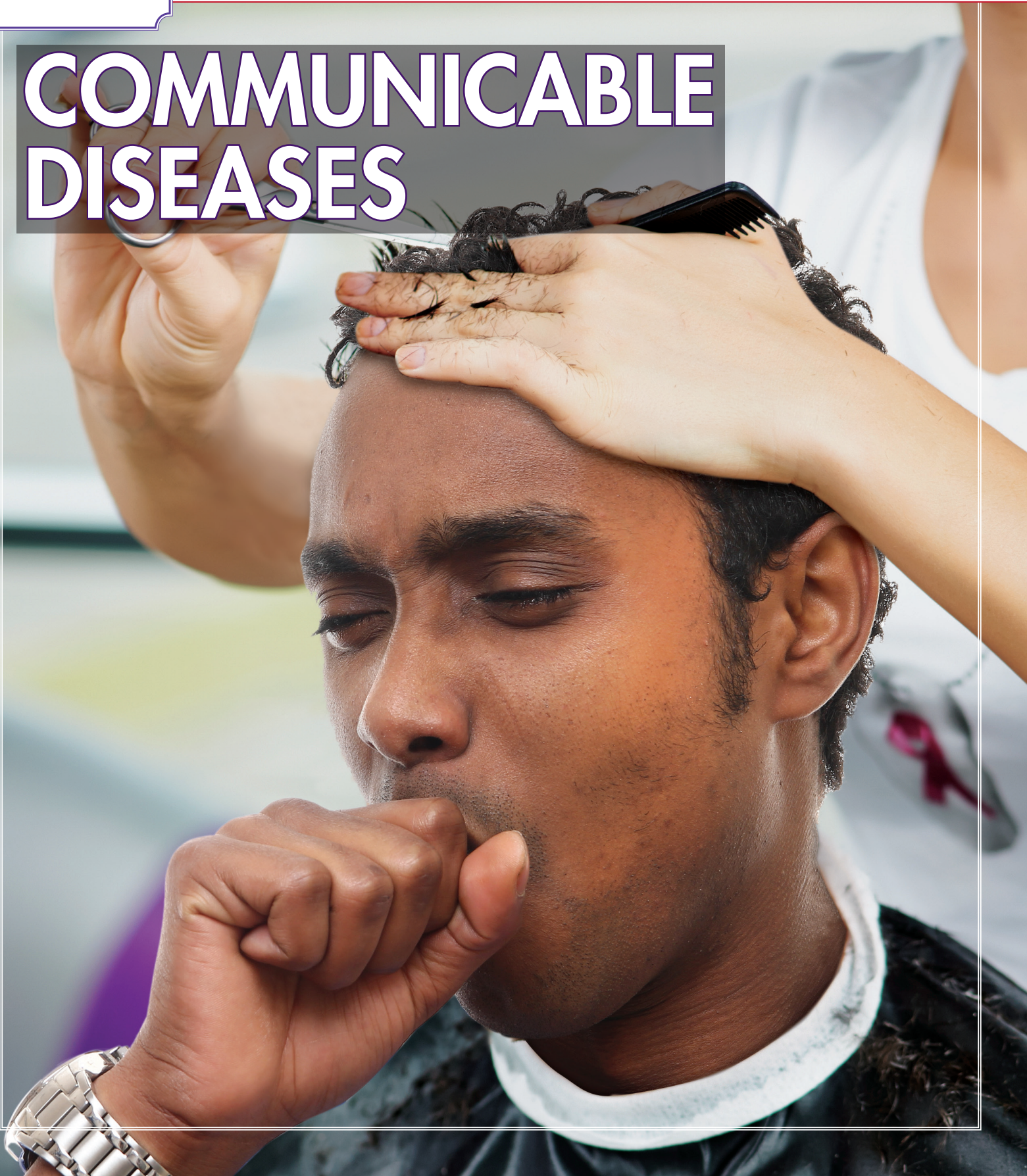


COMMUNICABLE DISEASES



Promoting
Health
and **Safety**
through
Education



Mission of the BBC

Ensuring the health and safety of California consumers by promoting ethical standards and by enforcing the laws of the barbering and beauty industry.

Communicable Diseases

Licenses work with people constantly. This training will focus on specific diseases that a licensee may be exposed to on the job and how the exposure might occur. Suggestions will be provided on ways licensees can protect themselves.

What is a Communicable Disease?

A communicable disease is a contagious illness that is spread from person to person or from animals to people. There are several kinds of organisms that cause communicable diseases: bacteria, viruses, parasites, and fungi.

Infection may occur if:

- There is a harmful organism present (bacteria, virus, parasite, or fungus) in large enough numbers.
- The organism gets into the body.
- The immune system is unable to fight off the organism (there is a lowered resistance to infection when licensees are sick or when they are under stress).

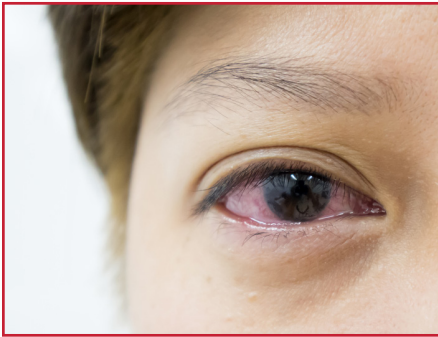
How Does a Licensee Contract a Communicable Disease?

There are several ways organisms can get into the body. One way is through the air. For example, breathing air that has been contaminated by an infected person. Many respiratory diseases can be spread through the air when an infected person coughs, sneezes, or spits. Some examples of these diseases are the common cold, chicken pox, measles, tuberculosis, and whooping cough.

Another way a communicable disease may be contracted is through water or food. Individuals may swallow water or food that has been contaminated by feces. Many harmful organisms live in the intestine and leave the body in the stool. For example, feces may contain bacteria or viruses that cause diarrhea. The organisms in feces can be spread if someone goes to the bathroom, does not wash their hands, and then handles food. Some diseases spread this way are salmonella, hepatitis A, and polio.



Many respiratory diseases can be spread through the air when an infected person coughs, sneezes, or spits.



Purulent conjunctivitis (pink eye).

Additionally, a harmful organism can get into the body through an insect or animal bite. Many insects and animals like mice or rats can transmit disease organisms through their bite. Insects and animals that do this are called vectors. Examples include malaria or Zika-infections that are carried by mosquitoes.

Organisms on the skin can spread by direct contact. This can happen if an infected person touches someone else. Examples include lice, ringworm, and colds. Colds may be spread by direct contact with someone's saliva or runny nose. This could occur if a licensee does not wash their hands after blowing their nose and then shakes a client's hand. They may then rub their eye or bite their nails, allowing the disease organisms to enter their body. Touching contaminated objects like used tissues can also spread colds.

Lastly, a few diseases can be transmitted through contact with blood or bodily fluids of an infected person. These diseases include HIV/AIDS, hepatitis B, and hepatitis C.



Head lice.

Am I at Risk?

It is important to note that a licensee is at no greater risk of getting communicable diseases than the general population. Nevertheless, as a licensee, you have a special responsibility because if precautions are not taken, a licensee could pass diseases to a client. For example,

if the licensee has a cold sore and touches it and then touches a client, they could infect the client with a disease such as herpes. Licensees should not go to work if they are not feeling well or if they are suffering from symptoms. Take care to protect oneself and clients by seeing a doctor before returning to work.

Safety Precautions

The California State Board of Barbering and Cosmetology (Board) has health and safety regulations to prevent the spread of diseases and infection. Section 984 of the California Code of Regulations states that establishments are prohibited from knowingly allowing a licensee afflicted with an infection or parasitic infestation capable of being transmitted to a client to serve clients in the establishment. At the same time, licensees are prohibited to service a person with an infectious or parasitic disease.

Examples of infections or parasitic infestations where a licensee should not work or serve a client include, but are not limited to, the following:

- Cold, influenza, or other respiratory illness accompanied by a fever, until 24 hours after resolution of the fever.
- Streptococcal pharyngitis (strep throat) until 24 hours after treatment has been initiated and 24 hours after resolution of fever.

- Purulent conjunctivitis (pink eye) until examined by a physician or other licensed clinician and approved for return to work.
- Pertussis (whooping cough) until five days of antibiotic therapy has been completed.
- Varicella (chicken pox) until the sixth day after onset of rash or sooner if all lesions have dried and crusted.
- Mumps until nine days after onset of parotid gland swelling.
- Tuberculosis until a local health department authority states that the individual is noninfectious.
- Impetigo (bacterial skin infection) until 24 hours after treatment has begun.
- Head lice until the morning after first treatment.
- Scabies until after treatment has been completed.

Please note that blood-borne diseases such as HIV/AIDS, hepatitis B, and hepatitis C are not considered infectious or communicable diseases by the board for the purpose of this section.

In addition, the board prohibits licensees from performing services upon a surface of the skin or scalp where such skin is inflamed, broken, or where a skin infection or eruption is present. Furthermore, a licensee is prohibited from

performing services if the skin of his or her hands is inflamed, broken, or where a skin infection or eruption is present, without wearing gloves. The board's mission is to protect consumers, but these regulations protect licensees as well.

Hand Washing

Hand washing may be the single most important act to help stop the spread of infection and stay healthy. Think of it like a "do-it-yourself" vaccine. The Centers for Disease Control and Prevention (CDC) recommends licensees wash their hands:

- Before, during, and after preparing food.
- Before eating.
- Before and after caring for someone who is sick.
- Before and after treating a cut or wound.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, animal feed, or animal waste.
- After handling pet food or treats.
- After touching garbage.



Hand washing may be the single most important act to help stop the spread of infection.

The board requires every licensee performing services to thoroughly wash his or her hands with soap and water or any equally effective alcohol-based, hand-cleaning product immediately before serving each client. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs and are not as effective when hands are visibly dirty or greasy. Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations.

While licensees may already know that washing their hands is important, many people do not know how to effectively wash their hands. First, wet hands with clean, running water. Turn off the tap and apply soap. Lather hands by rubbing them together with soap. Lather the back of the hands, between the fingers, and under the nails. Scrub hands for at least 20 seconds. Rinse hands well under clean, running water. Dry hands using a new, clean paper towel or air-dry them. Take a moment and view CDC's video on proper handwashing procedures: www.cdc.gov/handwashing/.

Immunizations

Vaccinations are available for the measles, mumps, rubella, tetanus, diphtheria, pertussis (whooping cough), varicella (chicken pox),

influenza, human papillomavirus, hepatitis A and B, meningococcal (meningitis), and pneumonia. Receiving and keeping up-to-date with immunizations may help preserve a healthy establishment environment. However, not all vaccines are recommended for all people; medical professionals should be consulted to determine which vaccines are best to protect licensees and the clients they serve.

Proper Disinfection of Tools

One of the best ways to prevent diseases from spreading in the establishment is by properly disinfecting tools that have been used on a client. This is required by the board. To disinfect non-electrical items, such as hair brushes, nail clippers, or tweezers, first remove all visible debris. Next, wash the tools with soap or detergent and water, and rinse with clean water. Dry the tools with a new, clean paper towel then immerse the tools completely in an EPA-registered disinfectant used according to the manufacturer's instructions. Use a properly mixed disinfectant that has demonstrated bacterial, virucidal, and fungicidal activity. Dry the tools with a new, clean paper towel and store them in a clean, covered place that is labeled "clean" or "disinfected."



Activity

Take a moment to view the board CASafeSalon video “Proper Use of Disinfectants.”



https://www.youtube.com/watch?v=RgFc4t_eOcs&feature=youtu.be

Any tools or items that cannot be disinfected, such as emery boards, wax sticks, cotton balls, and neck strips must be disposed of immediately after use. Used linens, such as towels, sheets, and gowns, must be placed in a closed container and washed before use on another client. After using electrical equipment on a client, it must be disinfected with an EPA-registered disinfectant proven to kill bacteria, fungi, and viruses (the label should tell you). Always follow the manufacturer’s instructions for cleaning equipment. For additional information, refer to the Barbering and Cosmetology Act and its rules and regulations on disinfection at www.barbercosmo.ca.gov.

Communicable Diseases in the Workplace chart

The Communicable Diseases in the Workplace chart provided shows a quick summary of common diseases or health problems that may be found in an establishment. Look over the chart and keep it somewhere easily accessible for future reference.

DISEASE OR HEALTH PROBLEM	HOW IT IS SPREAD IN THE SHOP OR SALON	HOW TO PREVENT IT
<p>HEPATITIS A</p> <p>Type of organism: Virus</p> <p>Incubation period: 15–50 days, with an average of 28–30 days*</p> <p>Symptoms: Fever, fatigue, loss of appetite, abdominal pain, nausea, vomiting, dark urine, light stools, and jaundice (yellowing of the skin or the whites of the eyes)</p>	<ul style="list-style-type: none"> • Eating or drinking anything that has been contaminated with particles of infected stool (if someone with hepatitis A does not wash after going to the bathroom, then touches your food, you could get sick from the food) • Exposure to the bodily fluid of someone infected 	<ul style="list-style-type: none"> • Wash your hands with soap and water before and after serving each client** • Wash your hands with soap and water, and have the client do the same, before touching food • Properly disinfect equipment** • Vaccination is available if recommended by your medical provider
<p>HEPATITIS B</p> <p>Type of organism: Virus</p> <p>Incubation period: 60–150 days, with an average of 90 days*</p> <p>Symptoms: Fever, fatigue, loss of appetite, abdominal pain, nausea, vomiting, dark urine, light stools, and jaundice (yellowing of the skin or the whites of the eyes)</p>	<ul style="list-style-type: none"> • Getting blood, semen, vaginal fluid, breast milk, saliva, or any body fluid that contains blood into your body 	<ul style="list-style-type: none"> • Properly disinfect equipment** • Handle sharp instruments carefully • Wash your hands with soap and water before and after serving each client** • Use gloves if you have sores, scratches, cuts, or broken skin • Vaccination is available if recommended by your medical provider
<p>HEPATITIS C</p> <p>Type of organism: Virus</p> <p>Incubation period: 14–180 days, with an average of 45 days*</p> <p>Symptoms: Fever, fatigue, loss of appetite, abdominal pain, nausea, vomiting, dark urine, light stools, and jaundice (yellowing of the skin or the whites of the eyes)</p>	<ul style="list-style-type: none"> • Getting blood, semen, vaginal fluid, breast milk, or any body fluid that contains blood into your body 	<ul style="list-style-type: none"> • Properly disinfect equipment** • Handle sharp instruments carefully • Wash your hands with soap and water before and after serving each client** • Use gloves if you have sores, scratches, cuts, or broken skin

* Incubation period is the length of time it takes after exposure to show symptoms of the disease.
 ** Rules and Regulations of the State Board of Barbering and Cosmetology, Title 19, Chapter 9, California Code of Regulations.

DISEASE OR HEALTH PROBLEM	HOW IT IS SPREAD IN THE SHOP OR SALON	HOW TO PREVENT IT
<p>AIDS</p> <p>Type of organism: Human immunodeficiency virus (HIV)</p> <p>Incubation period: 2 months to 10 years or more. Most individuals infected with HIV have no symptoms at all for several years.</p> <p>Symptoms: Fever, fatigue, night sweats, chills, weight loss, oral thrush, enlarged lymph nodes</p>	<ul style="list-style-type: none"> • Getting blood, semen, vaginal fluid, breast milk, or any body fluid that contains blood into your body 	<ul style="list-style-type: none"> • Properly disinfect equipment** • Handle sharp instruments carefully • Wash your hands with soap and water before and after serving each client** • Use gloves if you have sores, scratches, cuts, or broken skin
<p>HERPES SIMPLEX-TYPE 1</p> <p>Type of organism: Virus</p> <p>Incubation period: 2–12 days with an average of 4 days*</p> <p>Symptoms: Cold sores or painful blisters on the face, gums, lips, or mouth. Sores are often recurring.</p>	<ul style="list-style-type: none"> • Touching an infected client’s cold sores or fever blisters • Touching fluid draining from the eyes • Touching something contaminated with saliva, phlegm, or nasal discharge 	<ul style="list-style-type: none"> • Don’t touch cold sores or fever blisters • Use gloves to prevent accidentally touching a sore or blister • Wash your hands with soap and water before and after serving each client** • Properly disinfect equipment** • Properly sanitize towels**
<p>COMMON COLD</p> <p>Type of organism: Virus</p> <p>Incubation period: 1–3 days*</p> <p>Symptoms: Chills, headache, coughing, sneezing, sore or scratchy throat, runny nose, muscle aches, and fatigue</p>	<ul style="list-style-type: none"> • Breathing air contaminated by an infected client coughing, sneezing, or spitting • Touching something that is contaminated then touching your own mouth, nose, or eyes 	<ul style="list-style-type: none"> • Cover your mouth and nose when coughing or sneezing, and have the client do the same • Wash your hands with soap and water before and after serving each client** • Work in a well-ventilated room • Wear a mask, ask the client to wear a mask, or both.
<p>IMPETIGO</p> <p>Type of organism: Bacteria</p> <p>Incubation period: 2–4 days*</p> <p>Symptoms: Rash—the blisters turn into honey-colored crusts. May occur anywhere, but most often around the mouth, in the nose, and on the chin. May last for 2–3 weeks.</p>	<ul style="list-style-type: none"> • Touching an open sore on a client’s mouth, nose, or chin • Touching something contaminated with the fluid of a sore, especially if you then touch your own nose or mouth 	<ul style="list-style-type: none"> • Don’t touch open sores • Use gloves to prevent accidentally touching an open sore • Wash your hands with soap and water before and after serving each client** • Properly disinfect equipment** • Properly sanitize towels**

* Incubation period is the length of time it takes after exposure to show symptoms of the disease.

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DISEASE OR HEALTH PROBLEM	HOW IT IS SPREAD IN THE SHOP OR SALON	HOW TO PREVENT IT
<p>LICE (HEAD, BODY, OR PUBIC)</p> <p>Type of organism: Vector</p> <p>Incubation period: Eggs hatch in 5–8 days; the lice mature in two weeks and are then able to lay more eggs*</p> <p>Symptoms: The scalp, genital area, or other hairy part of the body gets infested with eggs (nits). Larvae (like worms) hatch from the eggs and later grow into adult lice. The person who is infested feels severe itching.</p>	<ul style="list-style-type: none"> • Touching an infested client. Lice crawl (they don't jump) from one person to another • Touching articles that are infested (examples: chairs, combs, hats, and clothing) 	<ul style="list-style-type: none"> • Don't touch infested clients or their clothes • Properly disinfect equipment** • Properly sanitize towels**
<p>RINGWORM</p> <p>Type of organism: Yeast (a fungus)</p> <p>Incubation period: 10–14 days*</p> <p>Symptoms: A small, red, raised area spreads on the skin or scalp, later developing into scaly patches. Patches are ring-shaped. Infected hairs become brittle and break off. On the scalp, this can lead to temporary baldness.</p>	<ul style="list-style-type: none"> • Touching the patches of a client's skin or scalp (lesions may be moist, dry, or crusted) • Touching contaminated articles, like chairs, scissors, combs, or towels 	<ul style="list-style-type: none"> • Don't touch patches on a client's skin or scalp • Use gloves to prevent accidentally touching patches • Wash your hands with soap and water before and after serving each client** • Properly disinfect equipment** • Properly sanitize towels**
<p>SCABIES</p> <p>Type of organism: Vector (a mite)</p> <p>Incubation period: 2–6 weeks*</p> <p>Symptoms: There is a red, itchy rash on the skin. Tiny tunnels appear between the fingers, on wrists and elbows, under the arms, or in other warm, moist areas. Itching is more intense at night. Itching may continue 1–2 weeks after treatment.</p>	<ul style="list-style-type: none"> • Prolonged contact with the skin of an infested client • Touching a client's infested clothing 	<ul style="list-style-type: none"> • Don't touch infested clients or their clothes** • Wash your hands with soap and water before and after serving each client** • Properly disinfect equipment** • Properly sanitize towels**

* Incubation period is the length of time it takes after exposure to show symptoms of the disease.
 ** Rules and Regulations of the State Board of Barbering and Cosmetology, Title 19, Chapter 9, California Code of Regulations.

DISEASE OR HEALTH PROBLEM	HOW IT IS SPREAD IN THE SHOP OR SALON	HOW TO PREVENT IT
<p>TUBERCULOSIS (TB)</p> <p>Type of organism: Bacteria</p> <p>Incubation period: After initial infection with TB, the disease may lie dormant for a lifetime. Otherwise lung lesions may develop in 4–12 weeks. In approximately 80–95% of people, these lesions will heal. The only sign they were once infected will be a positive skin test. Some people will later develop active TB. The greatest risk of active disease is within 1–2 years after initial infection.*</p> <p>Symptoms: Fever, weight loss, night sweats, cough, chest pain, coughing up blood, positive TB skin test, abnormal chest x-ray</p>	<ul style="list-style-type: none"> • Breathing air contaminated by an infected client coughing, sneezing, or singing. Contact must be over a prolonged period of time. • Touching droplets from the nose or throat of an infected client, then touching your own nose, mouth, or eyes 	<ul style="list-style-type: none"> • Cover your mouth and nose when coughing or sneezing, and have the client do the same • Wear a mask, ask the client to wear a mask, or both. • Wash your hands with soap and water before and after serving each client** • Work in a well-ventilated room
<p>CHICKENPOX</p> <p>Type of organism: Virus</p> <p>Incubation period: 14–16 days; rash and pox appear within 1–2 days after first symptoms</p> <p>Symptoms: Itchy rash and red spots or blisters (pox) all over the body, fever, headache, cough, sore throat, decreased appetite</p>	<ul style="list-style-type: none"> • Breathing air contaminated by an infected client coughing or sneezing • Eating or drinking something that has been contaminated by an infected client • Touching an infected client’s fluid from a chickenpox blister 	<ul style="list-style-type: none"> • Cover your mouth and nose when coughing or sneezing, and have the client do the same • Wash your hands with soap and water before and after serving each client** • Wash your hands with soap and water, and have the client do the same, before touching food • Don’t touch blisters • Vaccination is available if recommended by your medical provider
<p>MEASLES/RUBEOLA</p> <p>Type of organism: Virus</p> <p>Incubation period: 10–14 days*</p> <p>Symptoms: Cough, runny nose, inflamed eyes, sore throat, fever, blotchy red skin rash, and white spots inside mouth</p>	<ul style="list-style-type: none"> • Breathing air contaminated by an infected client coughing, sneezing, or talking • Touching droplets from the nose or throat of an infected client, then touching your own nose, mouth, or eyes 	<ul style="list-style-type: none"> • Wash your hands with soap and water before and after serving each client** • Cover your mouth and nose when coughing or sneezing, and have the client do the same • Properly disinfect equipment** • Vaccination is available if recommended by your medical provider

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Activity

Use the Communicable Diseases in the Workplace chart to help answer the following questions.

Read the following case studies that reflect “real life” problems workers might run into when working in an establishment. Answer the questions presented regarding communicable diseases.

Case Study #1

There is an outbreak of lice in your community. You are working as a barber. Your establishment’s policy is to check each child’s hair for evidence of lice before working on it. A client brings in his seven-year-old son for a haircut. As you inspect the child’s hair, you see white specks close to the scalp. You suspect that they might be lice eggs (nits).

How could you get lice in this situation?

How could you protect yourself?

What should you say to your client?

Case Study #2

You are working in an establishment doing facials. A client requests a facial. You notice that she has a cold sore around the corner of her mouth. It looks cracked and you think that it might drain during the facial.

What diseases could you get by touching a draining sore with your bare hand?

How could you protect yourself?

What should you say to your client?



Case Study #3

You are working on a client in the summertime. You notice that he has red, scaly patches shaped like rings on his scalp. You also notice these rings on his face and neck.

What disease could you get by touching the scaly patches with your bare hands?

What should you say to your client?

What should you do to protect yourself after the client leaves?



Case Study #4

When one of your favorite clients is making an appointment, he mentions that he has a bad cold but desperately needs his hair cut and styled for an important job interview.

How could you get a cold from this client?

How could you protect yourself?

What should you say to your client?

Licenses working in an establishment should be aware of potential symptoms of communicable diseases that clients may have. Although licenses are not doctors and cannot diagnose a disease or illness, if they notice symptoms, they should take steps to ensure the client's health as well as their own. Licenses should not be afraid to refuse service if necessary.

It is possible for licenses to protect themselves from exposure to many diseases at work. Washing hands before and after serving a client, properly disinfecting your tools, and refusing to work on clients when the client has a communicable disease will help prevent infection.

HIV/AIDS, Hepatitis B, and Hepatitis C

As a licensee, it is possible, but not too likely, to be exposed to HIV/AIDS, hepatitis B, and hepatitis C at work as they are spread by blood. Licensees use sharp instruments like razors, clippers, or tweezers, and it is possible to puncture a client's skin. If the client has one of these diseases, their blood can enter the licensee's body through an open wound, cut, sore, or skin rash.

Clients also face a risk of infection. If equipment in the establishment is not properly disinfected, it can pass disease organisms from one client to another.

Licensees have a much greater chance of getting HIV/AIDS, hepatitis B, and hepatitis C off the job than in the workplace. However, licensees should still learn what they are, how they spread, and how to protect themselves.

What Are HIV and AIDS?

HIV, the human immunodeficiency virus, causes AIDS. This virus is transmitted through blood and other body fluids. AIDS stands for acquired immune deficiency syndrome. "Acquired" means that individuals are not born with the disease, they get it from other people (they "acquire" it). Immune deficiency means that the disease damages the body's immune system, which slows down or prevents the body from healing itself. Without a healthy immune system, individuals have trouble fighting off all kinds of organisms that can make them sick. Syndrome means that it is not a single disease. AIDS is a collection of different illnesses. When the immune system is damaged, many different organisms can infect the body.

Health Risks

People with AIDS get many diseases because of their weakened immune system. These infections are often called “opportunistic” because they take advantage of a person’s weak immune system, and they can cause devastating illnesses. The most common opportunistic disease among people with AIDS in the United States is pneumocystis carinii pneumonia. Sometimes called PCP, this is a very rare form of pneumonia. Fungus causes this disease that results in inflammation and fluid buildup in the lungs. Other common diseases, infections, and cancers people with AIDS get are:

- Tuberculosis—A bacterial infection that can sometimes cause severe lung damage.
- Kaposi’s sarcoma—A rare form of skin cancer that produces purple spots (lesions) on the skin.
- AIDS dementia—A nervous system disorder that can cause loss of memory and physical coordination.
- Cryptosporidiosis—An infection that causes severe diarrhea.
- Candidiasis—A severe yeast infection in both men and women in the vagina, throat, or lungs.

Treatment

While there are medications for people living with HIV/AIDS, people still die from the infections or cancers their immune system cannot fight. Currently, there is not a vaccine to prevent HIV/AIDS. There is no cure either. Therefore, it is important for licensees to protect themselves and prevent spreading the virus.

The only body fluids that spread HIV/AIDS are blood, semen, vaginal fluid, breast milk, and any body fluid that contains blood. Body fluids that do not spread HIV/AIDS are saliva, sweat, tears, nasal secretions, and vomit.

SYMPTOMS OF HIV INFECTION

- Fatigue
- Night sweats
- Fever
- Chills
- Weight loss
- Oral thrush (white creamy patches in the mouth)
- Enlarged lymph nodes (in the neck, armpits, or groin)

PERSONAL RIGHTS

Licensees have a right to keep their test results confidential. They do not have to tell anyone, not even their employer. It is important to know that a licensee cannot be fired from their job just because they tested positive for HIV. Licensees with HIV/AIDS are protected from job discrimination under state and federal law.

How Does the HIV/AIDS Virus Spread?

The kinds of contact among people that can spread the AIDS virus include:

- Sexual contact with an infected person (vaginal intercourse, anal sex, or oral sex).
- Sharing needles and syringes with an infected person (such as during drug use).
- From an infected mother to her baby during pregnancy, in childbirth, or through breast milk.
- Being stuck with an HIV-contaminated needle or sharp object.

Licensees cannot get HIV/AIDS from any kind of casual contact with another person. Licensees cannot get HIV/AIDS through the air, shaking hands, eating together, sharing items (like books, paper, pens, or phones), sharing the bathroom, or getting insect bites.

Despite common misbeliefs, anyone can get HIV/AIDS. The majority of people with HIV/AIDS were infected from sexual contact with an infected partner. To protect oneself from getting HIV/AIDS in their personal life, a latex condom should be used for any kind of sexual contact and

injectable drugs should not be used. A condom is more effective against HIV/AIDS and other disease if it is used with a spermicide. If a lubricant is used with a condom, use a water-based lubricant, as an oil-based lubricant like petroleum jelly can damage the condom.

Symptoms of HIV infection include:

- Fatigue
- Night sweats
- Fever
- Chills
- Weight loss
- Oral thrush (white creamy patches in the mouth)
- Enlarged lymph nodes (in the neck, armpits, or groin)

How Can I Find Out if I am Infected?

To know if a licensee is infected with the AIDS virus, a blood test needs to be performed. Blood produces antibodies to fight off foreign substances that enter the body, like viruses. So, if HIV gets into a licensee's bloodstream, a specific antibody is produced. The antibody test looks for this particular antibody in the blood and indicates if a person is infected with AIDS. The HIV antibody test may not be positive right after exposure. The

body will usually produce antibodies within three months, but sometimes it can take up to six months. As soon as an individual's body begins to produce antibodies, the test will register as positive. However, remember even then, a licensee may not have any symptoms of HIV/AIDS. Symptoms may not show up until years later.

For information about testing and counseling, call:

- A medical professional.
- The local public health department.
- An AIDS service organization.
- The local Red Cross chapter.
- The Northern California AIDS Hotline: toll-free (800) FOR-AIDS.
- The Southern California AIDS Hotline: toll-free, (800) 922-AIDS.

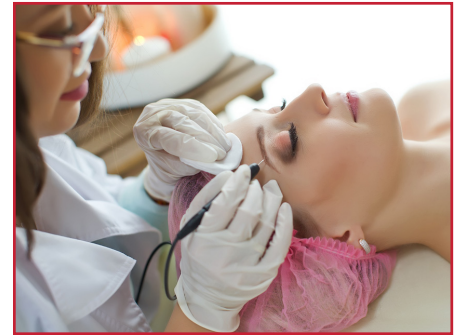
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Blood Exposure Prevention

To prevent infection and reduce blood exposure at work, follow these guidelines:

- Handle all sharp instruments carefully (razors, nail clippers, etc.).
- Use a puncture-proof container when throwing away sharp objects like razor blades.
- Disinfect tools, equipment, and surfaces if they get blood on them.
- Disinfect all tools after they are used on clients, even if no visible blood is present.
- Wash your hands before and after contact with each client.
- If a client bleeds, hand the client a cotton ball to stop the bleeding. Have the client dispose of it rather than doing so yourself.
- If you get someone's blood on your skin, immediately wash with soap and water. Lather for at least 10 seconds, then rinse.
- If you have sores, scratches, cuts, or broken skin (from dermatitis), wear protective gloves.



Handle all sharp instruments carefully and wear protective gloves.

Standard Precautions

The U.S. Public Health Service says that all U.S. workers must follow certain guidelines if they might come into contact with blood or body fluids on the job. These guidelines are called Standard Precautions. The U.S. Department of Labor Occupational Safety and Health Administration (OSHA) has similar rules. These agencies say that to protect yourself you must treat all blood and bodily fluids containing blood as if you know they are infected. In other words, there's no need to decide if a client or co-worker might have HIV/AIDS, or to take different precautions with different people. If you treat all blood as if it is infected, you protect yourself all the time.

For more information on HIV/AIDS, go to www.hiv.gov.

The board recommends the following procedures if blood exposure occurs:

Client Injury

- Stop the service.
- The licensee should put on gloves.
- If appropriate, assist the client to the sink and rinse the injured area under running water.
- Pat the injured area dry using a new, clean paper towel.
- Offer the client antiseptic and an adhesive bandage for the injured area.
- Place all single-use, disposable items in a bag and place in the trash container.
- Remove all tools from the work station, then properly clean and disinfect the tools.
- Clean and disinfect the work station.
- Remove the used gloves and dispose of them.
- Wash hands.
- Return to the service.

Licensee Injury

- Stop the service.
- Explain the situation to the client and excuse him- or herself.
- If appropriate, rinse the injured area under running water.
- Pat the injured area dry using a new, clean paper towel.
- Apply antiseptic and an adhesive bandage to the injured area.
- Put on gloves.
- Place all single-use, disposable items in a bag and place in the trash container.
- Remove all tools from the work station, then properly clean and disinfect the tools.
- Clean and disinfect the work station.
- Remove gloves and dispose of them.
- Wash hands.
- Return to the service.

What is Hepatitis?

Hepatitis is an inflammation of the liver. Hepatitis can be caused by many different things—viruses, bacteria, drugs, or chemicals. When it is caused by viruses or bacteria, it is called infectious hepatitis.

There are several different types of infectious hepatitis. Hepatitis A, B, and C are the most common. Hepatitis A can spread through contaminated water or food, but it can also be spread from direct contact. Hepatitis B and hepatitis C, however, are spread through an infected person's blood or body fluids.

How is Hepatitis Contracted?

Hepatitis B and hepatitis C are caused by two different viruses. Although each can cause similar symptoms, such as fever, fatigue, loss of appetite, nausea, vomiting, dark urine, abdominal pain, and jaundice (the eyes and skin turn yellow), they have different modes of transmission and treatments. It is possible to have both hepatitis B and C infections at the same time.



Disinfect tools properly after use.

Hepatitis B

Hepatitis B is the most common infectious hepatitis worldwide. It is caused by a virus that grows in liver cells. The hepatitis B virus is sometimes called HBV. When the virus inflames the liver, the condition is called acute hepatitis B. Most people get better after an acute hepatitis B infection, but for some, the disease can develop into chronic hepatitis B. This can eventually lead to cirrhosis (hardening of the liver) and liver cancer. HBV is spread in the same body fluids as HIV (blood, semen, vaginal fluid, and breast milk); however, it can also be spread in saliva. The best way to prevent HBV is to be vaccinated.

Hepatitis C

Hepatitis C is the most common infectious hepatitis in the United States. Hepatitis C is spread through contact with contaminated blood, most commonly through shared needles used with drugs. While uncommon, the disease can also be sexually transmitted or passed from a mother with the virus to a child while giving birth. Hepatitis C also tends to be chronic. The hepatitis C virus is sometimes called HCV. Currently, there is no vaccine for HCV.

While it may take months before people infected with the hepatitis B and C viruses start to show symptoms, for some people, symptoms never show up. They become carriers, meaning individuals can get the disease from them. If the carrier is not experiencing symptoms, they may not even realize they have the disease and that they are passing the disease to others.

The hepatitis B and C viruses are more common than HIV/AIDS and much easier to get. The hepatitis B and C viruses are greater risks to licensees as they are much sturdier viruses. The hepatitis B virus can survive outside the body for seven days even if it dries out, and the hepatitis C virus can survive outside the body at room temperature for up to three weeks. That is why it is very important to disinfect tools, equipment, and surfaces, especially if blood gets on them.

Treatment

There are many medications available to treat chronic hepatitis B and C, but prevention is very important. Since the hepatitis B virus and hepatitis C virus are spread in the same ways as HIV, licensees should take the same precautions in the establishment.

For example, handle sharp instruments carefully and dispose of them in puncture-proof containers. Disinfect tools properly after use. Licensees should wash hands before and after having contact with clients. Visible blood should be immediately washed off and gloves should be worn if licensees or clients have cuts or sores.

If a licensee does happen to get stuck by a razor or other sharp tools that might be contaminated with blood, they should do all of the following:

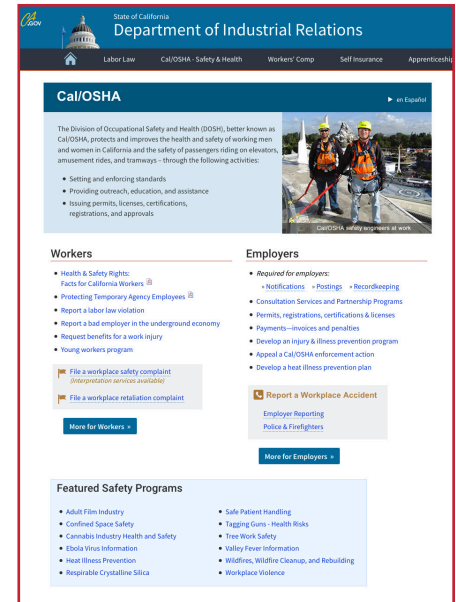
- Wash the wound immediately and thoroughly with soap and water.
- Report the incident to a supervisor or employer.
- Write down the name and contact information for the person whose blood was contacted.
- Get medical treatment.

Cal/OSHA Requirements

In California, Cal/OSHA has rules on Occupational Exposure to Bloodborne Pathogens (section 5193 of the California Code of Regulations, Title 8, General Industry Safety Orders). These rules are designed to protect licensees against diseases that are spread by blood. They cover all workers who “reasonably anticipate” contact with blood or other potentially infectious materials on the job. Most of those directly affected are health care and public safety workers, but the rules may also cover employees working in an establishment.

Cal/OSHA considers job exposure to blood to mean someone’s blood getting into someone else’s blood through skin contact, through mucous membranes (in the eyes, nose, or mouth), or through a sharp instrument. For an employee to be covered by the blood-borne disease rule, the exposure must occur while they are performing their job duties.

Because licensees working in the barbering and beauty industry have some chance of blood exposure on the job, it is possible that they are covered by the rules. It is the employer’s responsibility, not OSHA’s or Cal/OSHA’s, to determine if employees are covered. Employers can call the Cal/OSHA consultation service to ask whether the bloodborne pathogen rules apply to their employees.



Cal/OSHA website.

Licensees who are employees and feel they are being exposed to blood and are not properly protected, have a right to file a Cal/OSHA complaint. (Independent contractors are not covered by Cal/OSHA as they are not considered employees.)

Cal/OSHA's bloodborne pathogen rules say employers must:

- Establish a written exposure control plan that identifies who has exposure to blood and how to reduce the danger.
- Update the plan annually to reflect changes in tasks, procedures, and positions that affect occupational exposure, and also technological changes that eliminate or reduce occupational exposure.
- Implement the use of universal precautions that everyone in the establishment must follow to treat all blood as if it could be infected.
- Identify and use engineering controls to isolate or remove the danger of exposure to blood. For example, puncture-proof boxes should be available to dispose of contaminated sharp instruments like razors.
- Identify and ensure the use of work practice controls so licensees perform their jobs safely with a low possibility of exposure.
- Provide and maintain personal protective equipment such as gloves, gowns, eye protection, and masks whenever exposure to blood is likely.
- Make available hepatitis B vaccinations to all licensees with occupational exposure.
- Make available free, confidential post-exposure medical evaluations and follow up with any occupationally exposed licensees who experience an exposure incident.
- Use labels and signs to communicate hazards on containers containing blood, waste, and sharps.
- Provide information and training about Cal/OSHA's bloodborne pathogen rules, infectious bloodborne diseases, safe work practices, and what to do if exposed to blood on the job.
- Maintain licensee medical and training records and a sharps injury log.

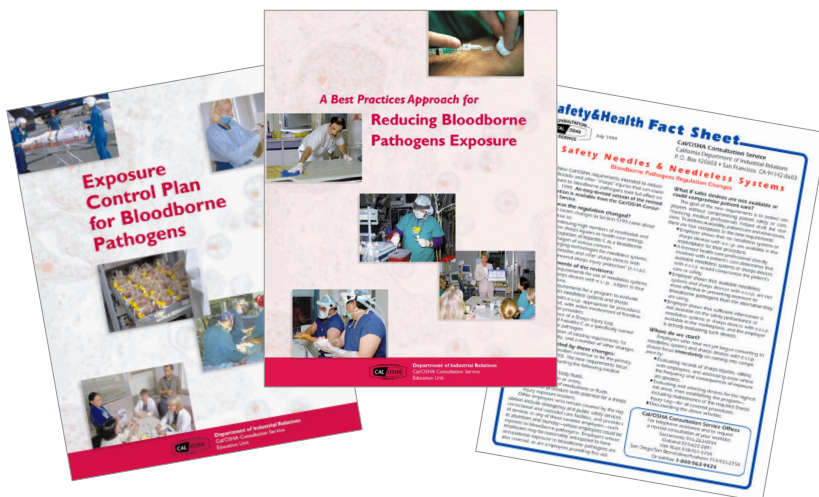
Cal/OSHA requires employers give employees a free medical evaluation and follow-up if they have had any blood exposure. This process should be confidential. The employer should send the employee to a medical professional who will:

- Investigate and document how the exposure occurred.
- Identify the person whose blood the employee was exposed to.
- Test that person for disease (with his or her consent).
- Test the employees (with employee consent) to see if a viral infection occurred.
- Provide immediate treatment when needed, including the hepatitis B vaccine or other medications.

- Provide counseling.
- Evaluate any illness the employee reports in the future that might be related to the exposure.

As with all Cal/OSHA regulations, employers can be cited and fined if they do not follow these rules. For more information about the bloodborne pathogens, go to Cal/OSHA's website at <http://www.dir.ca.gov/title8/5193.html>.

It is important to remember that most tasks done by licensees do not expose an individual to blood. Therefore, the chance of getting exposed to HIV/AIDS, hepatitis B, and hepatitis C in an establishment is very low. If all of the precautions that have been discussed in this booklet are utilized, a licensee will be protected against exposure.





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