

# ACS INFECTIOUS DISEASES GUIDELINES

*Source and excerpts from: Sports Medicine Australia's (SMA) Infectious Diseases Policy*

## THE FOLLOWING RECOMMENDATIONS MAY REDUCE THE RISK OF TRANSMITTING INFECTIOUS DISEASES

All open cuts and abrasions must be reported and treated immediately.

### TEAM AREAS

1. It is each team's responsibility to ensure that the team areas are clean and tidy. Adequate soap, paper hand towels, brooms, refuse disposal bins and disinfectants must be available at all times.
2. All clothing, equipment and surfaces contaminated by blood must be treated as potentially infectious. Equipment and surfaces should be cleaned immediately if soiling or spills occur.  
When cleaning up blood and body substances:
  - gloves must be worn;
  - if the blood spill is large, confine and contain the spill (ie try not to let it run everywhere);
  - remove the bulk of the blood and body substance with absorbant material, eg paper towels;
  - place the paper towels in a sealed plastic bag and dispose with normal garbage. Clean the spill site with a detergent solution;
  - wipe the site with disposable towels soaked in a 1:10 solution of bleach.Routine laundry procedures are adequate for the processing of **all** linen.  
Routine washing procedures using hot water and detergents are adequate for decontamination of most laundry items. Therefore, clothing with dried blood on it can, if necessary, be soaked in cold water only to release the blood prior to a normal hot detergent wash.
3. **Gloves** should be worn when handling or washing soiled linen. General utility gloves, ie rubber household gloves, can be used for this task. The gloves should be washed in detergent after use, or discarded if they are peeled, cracked, discoloured, torn, punctured or have other evidence of deterioration.
4. Contaminated linen soiled with blood or body substances should be transported in a leakproof plastic bag to the laundry site simply to contain the body fluid and stop it spreading to the other laundry items. Contaminated linen does not need to be segregated in the hot detergent wash.
5. Sharing of towels, face washers and drink containers must **NOT** occur.
6. Water containers should be available for each individual player and not shared by players as bleeding around the mouth is common in contact sports.

### ACTION TO BE TAKEN IN THE EVENT OF A BLOOD SPILL

In an accident where bleeding occurs and if:

1. Skin is penetrated or broken, the immediate first aid is to clean the wound with soap and water only. If water is not available a 70% alcohol hand rub should be used.
2. Clothes are bloodstained, they should be changed for clean ones once the wound has been treated. They should be handled with rubber gloves and treated as above.
3. Blood gets on the skin, irrespective of whether they are cuts or abrasions wash well with soap and water.
4. Eyes are contaminated, rinse the area gently but thoroughly, with the eyes open, with water or normal saline.
5. A player is wearing contact lenses:
  - Leave the contact lenses in while the eye is irrigated with water or normal saline, the contact lenses are acting as a barrier to the eye.
  - When the eye has been adequately irrigated for several minutes, remove the contact lenses and clean in the normal manner.
  - They can then be reused. They do **not** have to be cleaned any differently than normal and they do not need to be discarded.
6. Blood gets in the mouth, spit it out and rinse the mouth with water several times.

### REFEREES AND GAME OFFICIALS

1. Officials must report all open cuts and abrasions at the first available opportunity.
2. All contaminated clothing and equipment must be replaced prior to the player being allowed to resume play.
3. If bleeding should recur, the above procedures must be repeated.
4. If bleeding cannot be controlled and the wound securely covered, the player must not continue in the game.