

## Bloodborne Pathogens Annual Training (Optional)

Germ in blood and other body fluids are known as bloodborne pathogens (BBP). Workers exposed to BBP are at risk for serious or deadly infections. The most common and serious are Hepatitis B, Hepatitis C and HIV (the virus that causes AIDS).

BBP can spread through contact with infected blood or other body fluids. This includes contact with a mucus membrane; contact with an open cut, sore, nick or scrape; or a skin puncture from a needle or broken glass.

Prevent the spread of germs. Protect yourself and others. Use Universal Precautions. This means you treat ALL people as if they are infected with a BBP. Methods include:

1. Wear Personal Protective Equipment (PPE) to protect you from blood or other body fluids. Disposable gloves are PPE.
2. Wash your hands often and well. This includes before and after glove use.
3. Dispose of used PPE, sharps, and other waste properly.
  - a. Dispose of sharps as soon as you are done with them. Containers must be well marked. They must be leak and puncture proof. NEVER throw sharps into the trash.
  - b. Dirty supplies must be disposed of in a red or labeled bag.
  - c. NEVER reuse disposable gloves.
  - d. Don't pick up glass with your hands. Sweep it into a dustpan for disposal.
4. Disinfect blood or body fluid spills with a 10% household bleach solution.



Consumer Direct has an Exposure Control Plan. It tells what to do if you come in contact with blood or body fluid. Some rules to follow are:



1. Wash the exposed area well with soap and water.
2. See a doctor right away. Time can be crucial in preventing infection.
3. Report the contact to the Consumer Direct Injury Hotline. Make the report as soon as you can. The hotline is open 24/7 at 888-541-1701.
4. In some cases (like HIV contact) you may want to be tested. It is not required, but may tell you if you are infected. The Exposure Control Plan discusses testing.

**Thank you for being safe!**



## Bloodborne Pathogens Annual Training (Optional)

TEST YOURSELF  
True or False?

( Score \_\_\_\_\_ )

- |   |            |
|---|------------|
| 1. You only need to wash your hands when you leave work.  | <b>T F</b> |
| 2. You should only apply Universal Precautions to people with a disease.                        | <b>T F</b> |
| 3. If disposable gloves are removed gently you can reuse them.                                  | <b>T F</b> |
| 4. You can use bleach to disinfect blood drops on a tile floor.                                 | <b>T F</b> |
| 5. If you are exposed to BBP, you must call the Injury Hotline right away.                      | <b>T F</b> |
| 6. Hepatitis C can spread through blood or other body fluids.                                   | <b>T F</b> |
| 7. If you are exposed to BBP, you can wait until you show signs before you get help.            | <b>T F</b> |
| 8. It is okay to wear your PPE home from work.  | <b>T F</b> |
| 9. Used needles should go in the trash.   | <b>T F</b> |
| 10. Proper disposal of used PPE, sharps, and other waste supplies can reduce the spread of BBP. | <b>T F</b> |

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Direct Service Worker (DSW) Name  
**Please Print.**

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*DSW Signature*

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*Date*

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Participant's Name  
**Please Print.**

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*Participant/Representative  
Signature*

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*Date*



## Questions?

**We're here to help. UnitedHealthcare Community & State.**  
**Toll-Free 800-791-9233 and TTY/TTD 711,**  
**Monday through Friday, 8:00 a.m. to 8:00 p.m.**

UnitedHealthcare Community Plan does not treat members differently because of sex, age, race, color, disability or national origin.

If you think you were treated unfairly because of your sex, age, race, color, disability or national origin, you can send a complaint to:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130

**[UHC\\_Civil\\_Rights@uhc.com](mailto:UHC_Civil_Rights@uhc.com)**

You must send the complaint within 60 days of when you found out about it. A decision will be sent to you within 30 days. If you disagree with the decision, you have 15 days to ask us to look at it again.

If you need help with your complaint, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 8:00 a.m. to 7:00 p.m.

You can also file a complaint with the U.S. Dept. of Health and Human Services.

### **Online:**

**<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**

Complaint forms are available at

**<http://www.hhs.gov/ocr/office/file/index.html>**

### **Phone:**

Toll-free **1-800-368-1019, 1-800-537-7697** (TDD)

### **Mail:**

U.S. Dept. of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201

If you need help with your complaint, please call the toll-free member phone number listed on your member ID card.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 8:00 a.m. to 7:00 p.m.

UnitedHealthcare Community Plan no da un tratamiento diferente a sus miembros en base a su sexo, edad, raza, color, discapacidad o nacionalidad.

Si usted piensa que ha sido tratado injustamente por razones como su sexo, edad, raza, color, discapacidad o nacionalidad, puede enviar una queja a:

Civil Rights Coordinator  
UnitedHealthcare Civil Rights Grievance  
P.O. Box 30608  
Salt Lake City, UTAH 84130

**UHC\_Civil\_Rights@uhc.com**

Usted tiene que enviar la queja dentro de los 60 días de la fecha cuando se enteró de ella. Se le enviará la decisión en un plazo de 30 días. Si no está de acuerdo con la decisión, tiene 15 días para solicitar que la consideremos de nuevo.

Si usted necesita ayuda con su queja, por favor llame al número de teléfono gratuito para miembros que aparece en su tarjeta de identificación del plan de salud, TTY 711, de lunes a viernes, de 8:00 a.m. a 7:00 p.m.

Usted también puede presentar una queja con el Departamento de Salud y Servicios Humanos de los Estados Unidos. Usted también puede presentar una queja con el Departamento de Salud y Servicios Humanos de los Estados Unidos.

**Internet:**

**<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**

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**<http://www.hhs.gov/ocr/office/file/index.html>**

**Teléfono:**

Llamada gratuita, **1-800-368-1019**, **1-800-537-7697** (TDD)

**Correo:**

U.S. Department of Health and Human Services  
200 Independence Avenue SW  
Room 509F, HHH Building  
Washington, D.C. 20201

Si necesita ayuda para presentar su queja, por favor llame al número gratuito para miembros anotado en su tarjeta de identificación como miembro.

Ofrecemos servicios gratuitos para ayudarle a comunicarse con nosotros. Tales como, cartas en otros idiomas o en letra grande. O bien, puede solicitar un intérprete. Para pedir ayuda, llame a Servicios para Miembros al **1-800-791-9233**, **TTY 711**, de lunes a viernes, de 8:00 a.m. a 7:00 p.m.

ATTENTION: If you do not speak English, language assistance services, at no cost to you, are available. Call **1-800-791-9233, TTY 711.**

ATENCIÓN: Si no habla inglés, los servicios de asistencia de idiomas están disponibles sin costo para usted. Llame al **1-800-791-9233, TTY 711.**

ATANSYON: Si w pa pale Anglè, gen sèvis èd pou lang ki disponib san w pa peye anyen. Rele **1-800-791-9233, TTY 711.**

ВНИМАНИЕ: Если Вы не говорите по-русски, Вы можете воспользоваться бесплатной языковой помощью. Позвоните по телефону **1-800-791-9233, телетайп 711.**

ATENÇÃO: Se não fala inglês, estão disponíveis serviços de assistência linguística sem nenhum custo para si. Ligue para o **1-800-791-9233, TTY 711.**

注意：如果您不會說英文，您可獲得免費語言協助服務。請致電 **1-800-791-9233**，聽障專線 (TTY) **711**。