

## Infectious Disease Policy Athletic Training Program University of Utah

An athletic training student (ATS) must be familiar with the Infectious Disease Policy and must sign a copy of the policy. The purpose of the Infectious Disease Policy is to protect the health and safety of the ATS and patients.

### Infectious Disease

An infectious disease, sometimes also known as a transmissible disease or a communicable disease, is a disease that results from the presence and growth of pathogenic biological agents in an individual host and can be transmitted from one person to another. There are four main types of transmission including direct physical contact (bodily fluids or contact with objects), air (through a cough, sneeze, or other particle inhaled), a vehicle (ingested or injected), and a vector (via animals or insects). Infectious diseases are sometimes called “contagious” when they are easily and quickly transmitted by contact with an ill person or their secretions (e.g., influenza). Thus, a contagious disease is an infectious disease that is especially infective or easily transmitted.

The following list includes common infectious diseases:

Blood Borne Pathogens; Diarrheal Diseases; Hepatitis Viruses; Measles; Pediculosis; Scabies; Varicella Conjunctivitis; Diphtheria; Herpes Simplex; Meningococcal infections; Pertussis; Streptococcal infections; Zoster Cytomegalovirus infections; Enteroviral infections; Human Immunodeficiency Virus; Mumps; Rubella; Tuberculosis; Viral Respiratory Infections

### Guidelines for Prevention of Exposure and Infection

1. ATs must successfully complete annual blood borne pathogens training.
2. ATs are required to use proper hand washing techniques and practice good hygiene at all times.
3. ATs are required to use universal precautions at all times.
4. ATs are not to provide patient care if they have active signs or symptoms of an infectious disease.
5. All ATs must provide documentation of starting the Hepatitis B vaccination prior to participating in any clinical experience. All ATs must provide evidence of completing the Hepatitis B vaccination series prior to graduation. If an AT or prospective student chooses to decline the vaccination, he/she must sign the bottom portion of the Immunization Record form.

### Guidelines for Managing Potential Infection

1. An AT who has been exposed to a potential infection before, during or after a clinical experience should report that exposure to his/her clinical preceptor or supervisor immediately.
2. Any AT who demonstrates signs or symptoms of an infectious disease that may place him/her and/or his/her patients at risk, should report that potential infectious disease immediately to appropriate health care providers.
3. The AT is responsible for keeping his/her clinical instructor or supervisor informed of his/her conditions which require extended care and/or missed class/clinical time. If appropriate, the clinical

education coordinator should be notified. The ATS may be required to provide written documentation from a physician to return to class and/or clinical site.

4. If the ATS displays signs or symptoms of an illness, which may include a temperature up to 103 degrees, the ATS should refrain from participation in clinical activities. The ATS may be required to provide written documentation from a physician to return to clinical site.

Athletic Training Student: \_\_\_\_\_

Athletic Training Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Adapted from Upper Iowa Athletic Training

8/20/15: <http://www.uiu.edu/academics/undergraduate/majors/atep/downloads/ATEP-Infectious-Disease-Policy-Athletic-Training-ALL.pdf>