

# JAIL BULLETIN

NUMBER 21

SEPTEMBER, 1986

The Jail Bulletin is a monthly feature of the Crime Commission Update. The Bulletin may be used as a supplement to your jail in-service training program if officers study the material and complete the attached "open book" quiz. The Bulletin and quiz may be reproduced for use by your staff. We welcome any jail training material you would like to contribute to the Bulletin.

## AIDS

Although few AIDS cases have been positively identified in the State of Nebraska, there is a lot of interest in the disease among jail officers who may have to work with an AIDS inmate. The following information is taken from a Federal Bureau of Prisons Training Manual on AIDS. If you would like additional information, including a video tape "AIDS: Key Facts for Staff", contact the Crime Commission Film Library.

### 1. What causes Acquired Immodeficiency Syndrome (AIDS)?

Investigators have discovered the virus that causes AIDS. Different groups of investigators have given it different names, but it appears to be the same virus. U.S. researchers named the virus human T-lymphotropic virus type III (HTLV-III). Infection with this virus does not always lead to AIDS. Preliminary results of studies show that most infected persons remain in good health; others may develop illnesses varying in severity from mild to extremely serious.

### 2. What are its symptoms?

Most individuals infected with the AIDS virus have no symptoms and feel well. Some develop symptoms which are known as AIDS related complex or ARC. These may include tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen glands (lymph nodes) -- usually in the neck, armpits, or groin. Anyone with these symptoms which continue for more than two weeks should see a doctor.

### 3. Who gets AIDS?

Ninety-five percent of the AIDS cases have occurred in the following groups of people:

- o Sexually active homosexual and bisexual men with multiple partners, 73%
- o Present or past abusers of intravenous drugs, 17%
- o Other -- hemophiliacs and heterosexual contacts of someone with AIDS or at risk for AIDS, 5%

## 9. Is there a laboratory test for AIDS?

As with most other infections, there is no single test for diagnosing AIDS. There is now a test for antibodies (substances produced in the blood to fight disease organisms) to the virus that causes AIDS. Presence of HTLV-III antibodies means that a person has been infected with the AIDS virus; it does not tell when the person became infected. The antibody test is used to screen donated blood and plasma and assist in preventing cases of AIDS resulting from blood transfusions or use of blood products, such as Factor VIII, needed by men with hemophilia. The test is also available through private physicians, most state or local health departments, and at other sites.

## 10. What are some of the diseases affecting AIDS patients?

About 85 percent of the AIDS patients studied have had one or both of two rare diseases: pneumocystis carinii pneumonia (PCP), a parasitic infection of the lungs; and a type of cancer known as Kaposi's sarcoma (KS). KS usually occurs anywhere on the surface of the skin or in the mouth. In early stages, it may look like a bruise or a blue-violet or brownish spot. The spot or spots persist, and may grow larger. KS may spread to, or appear in, other organs of the body. PCP has symptoms similar to any other form of severe pneumonia, especially cough, fever, and difficulty in breathing. Other opportunistic infections include unusually severe infections with yeast, cytomegalo virus, herpes virus, and parasites such as toxoplasma or cryptosporidia. Milder infections with these organisms do not suggest immune deficiency.

## 11. How is AIDS treated?

Currently there are no antiviral drugs available anywhere that have been proven to cure AIDS, although the search for such a drug is being pursued vigorously. Some drugs have been found that inhibit the AIDS virus, but these do not lead to clinical improvement. Though no treatment has yet been successful in restoring the immune system of an AIDS patient, doctors have had some success in using drugs, radiation, and surgery to treat the various illnesses of AIDS patients. Therapeutic agents are needed for all states of AIDS infections, to block the action of the virus once infection has occurred, and to build up immunity in patients who have developed AIDS symptoms. Eventually, a combination chemotherapy to combat the virus and restore the immune system may be the most effective therapy. (Pneumocystis carinii pneumonia, for example, can be treated with antibiotics. Interferon, a virus-fighting protein produced naturally by the body, has been used with some success against Kaposi's sarcoma. Natural and recombinant interleukin preparations are being used in an attempt to repair the immunologic deficiencies in AIDS patients.)

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- o Women whose sexual partner is HTLV-III Antibody Positive are themselves at increased risk of developing AIDS. If they become pregnant, their children also have an increased risk of getting AIDS.

#### 14. Is the AIDS virus killed by using soap and water?

The AIDS virus dies quickly outside the body and is easily killed by soap and by common cleansers and disinfectants. Also, infection may require exposure to large amounts of the virus or repeated exposure. AIDS is not spread by casual contact, such as shaking hands, hugging, touching objects handled by a person with AIDS, or by spending time in the same house, business, or public place. People need not worry about "catching AIDS" from mere casual contact. Also, it is not appropriate to assume that someone has AIDS just because they may be a homosexual or a drug user, or even if they appear to have symptoms linked with AIDS. But, if this is someone with whom a close physical relationship exists, the preventive measures described above should be heeded.

#### Is there a relationship between lifestyle and AIDS?

Except for what we have already discussed -- homosexuality, casual sex with many partners, IV drug use, tattooing, etc. -- it is not known whether specific lifestyle habits contribute to AIDS. However, physical and emotional stress may hamper the body's ability to fight infections. The drugs that people use, and one's general physical and mental health, have a significant impact on the body's ability to heal itself. A good diet, getting enough rest, and taking good care of yourself can help your body stay in good condition. This is important, even though it may not necessarily protect one from contracting any illness. In summary, be caring of yourself and others.

#### What are the precautions to be taken when giving first aid or CPR?

The following special precautions are not related solely to AIDS. Rather, they should be observed when working with any offender or member of the general public in order to reduce the chance of catching any one of several communicable diseases.

- o CPR - Cardiopulmonary resuscitation must be given to people in need of this life-saving procedure. While there is always some risk of being exposed to a communicable disease when giving CPR, the risk is considered to be small.
  - o First Aid - It is always wise to be cautious and aware of infection control measures when assisting trauma victims. If contact with human blood, urine, feces, or other body secretions occurs, thorough washing with soap and water is important, and soiled clothing should be changed as soon as practical. We know, for example, that the AIDS virus is readily killed by soap and water and by common disinfectants. You should avoid touching your mouth
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QUIZ

Nebraska Jail Standards require that jail staff receive eighteen (18) hours of inservice training each year. The Jail Bulletin may be used to supplement inservice training if an officer studies the Bulletin, completes the quiz, and this process is documented by the jail administrator for review during annual jail inspections.

SUBJECT: AIDS

NAME \_\_\_\_\_

DATE \_\_\_\_\_

1. All persons infected with the HTLV-III virus will show symptoms of AIDS within one year.

TRUE \_\_\_\_\_

FALSE

2. The largest percentage of AIDS cases come from this group.

Sexually active homosexual and bisexual men with multiple sex partners

Present or past abusers of intravenous drugs

Hemophiliacs and heterosexual contacts of someone with AIDS or at risk for AIDS

3. AIDS is easily transmitted through saliva and tears.

True

True, only from saliva

False

4. What can be used to kill the AIDS virus outside the body?

\_\_\_\_\_

5. If you must give first aid treatment to a person and you are going to come in contact with blood or other body fluids, what are precautions you should take?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Casual contact with AIDS patients does not place others at risk for getting the disease.

TRUE

FALSE

CREDIT: 1/2 HOUR CREDIT FOR JAIL INSERVICE TRAINING REQUIREMENT

ANSWER SHEET SHOULD BE RETAINED BY JAIL ADMINISTRATOR OR TRAINING OFFICER

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4. What can be used to kill the AIDS virus outside the body?

SOAP, COMMON CLEANSERS, DISINFECTANTS

5. If you must give first aid treatment to a person and you are going to come in contact with blood or other body fluids, what are precautions you should take?

WASH THOROUGHLY WITH SOAP AND WATER, CHANGE SOILED CLOTHING,

WEAR DISPOSABLE GLOVES, PROTECT WOUNDS OR ABRASIONS

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XX

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