



## Guidance notes for Aikidoka relating to Hepatitis C and Aids

### HEPATITIS C

It is estimated that around 200,000 people in the UK have long-term (chronic) hepatitis C infection, and around half of those are undiagnosed. ***You cannot get Hepatitis C from everyday contact such as holding hands, kissing, hugging or sharing toilets, crockery or kitchen utensils.***

### AIDS

In 1985, scientists discovered a virus they called HIV. The experts concluded that it was the HIV virus that caused AIDS. Human Immunodeficiency Virus (HIV) is a virus that is transmitted from person to person through the exchange of infected body fluids. ***In Aikido we are primarily concerned with Aids transmission through blood spills.***

#### **Ways in which we come into contact with these fluids include**

- If HIV-infected blood is present in saliva, there may be a risk of transmission. It can also be transmitted through contaminated blood or contaminated blood products.
- HIV is **not** transmitted through everyday social contact, air, food or water. For instance, shaking hands, touching and swimming.
- No case of HIV transmission through sport has ever been documented.
- Restricting HIV-positive students from Aikido in order to prevent possible HIV transmission would probably not hold up in court. Since courts have already decided that discrimination against HIV-positive people in the work force is illegal, the same would probably to sports.
- Lots of studies have shown that participation in sport is especially beneficial to a HIV-positive person. It helps to strengthen the immune system and thus to fight the disease in other words exercise may actually help to stall the active onset of AIDS
- Anthony Fauci, Director of Allergy and Infectious Disease at the National Institutes of Health has stated that, "***The risk of contracting HIV through sports is so infinitesimally small one cannot even give a gross estimate of the chances.***"

#### **Blood and Body Fluids Spillage**

- Ensure that any spillage of blood or body fluid is dealt with immediately. Whilst cleaning the blood spill always wear gloves and dispose the gloves and cleaning 'rags' in a responsible manner
- If a student has a cut, if possible ask them to put on their own plaster.

**For more detailed information and advice use the link below to go to the NHS webpage:**

<http://www.nhs.uk/Pages/HomePage.aspx>