

What to do in the case of exposure to blood?

ANYBODY'S BLOOD MUST ALWAYS BE REGARDED AS CONTAMINATED

1. ADMINISTER OR RECEIVE FIRST AID

Exposure of the skin

- Immediately bleed the cut, bite, prick, scrape or scratch (**without traumatizing** the skin around the wound).
- Clean the exposed area as soon as possible (using water and mild soap, or sanitary wipes) **without rubbing the area**.
- If water is not available, use a waterless soap (but wash with water and soap as soon as possible).

Exposure of the mucous membranes (eyes, lips, mouth, inside the nose)

- Rinse thoroughly with water as soon as possible.

2. DISPOSE OF THE OFFENDING OBJECT IN A SAFE MANNER (SYRINGE, KNIFE, ETC.)

3. NOTIFY THE PERSON IN CHARGE, WHO WILL THEN:

- Take charge of the person who has been exposed.
- Write down the name and address of the source person and give them to emergency medical personnel.
- Fill in the Quick Assessment form with the help of the person who has been exposed.

4. GO IMMEDIATELY TO A HOSPITAL EMERGENCY DEPARTMENT (IT IS ESSENTIAL TO BE SEEN WITHIN TWO HOURS AFTER EXPOSURE, OR AS SOON AS POSSIBLE)

5. TAKE YOUR IMMUNIZATION BOOKLET WITH YOU (OR YOUR HEALTH RECORD)

6. TELL THE EMERGENCY ADMISSIONS STAFF THAT WORK-RELATED EXPOSURE TO BLOOD IS INVOLVED

7. OBTAIN A MEDICAL ASSESSMENT OF THE EXPOSURE:

If no risk is deemed to be present:

- Discharge: No other action is required.

If a risk is deemed to be present:

- **Investigation:** Blood tests must be done on the exposed person and the source person, and their immunization status assessed.
- **Treatment:** Antibodies, vaccinations and/or medications, information, test follow-up and treatments.

TREATMENT

HEPATITIS B: NOT VACCINATED: injection of antibody or 1st vaccination, or both*.

Vaccinated: depends on proof of vaccine efficacy.

HEPATITIS C: No effective preventive treatment.

AIDS: Drugs exist, but they have significant side effects and therefore selectively prescribed. Their effectiveness is increasingly recognized.

* If vaccination is recommended, make sure the physician has prescribed all the required doses (3 in total) on the medical certificate.

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**This information packet must be placed in the first aid kit.
(At the workplace, on the work site, in a truck or car, etc.)**

The person who has been exposed to the blood must go to a hospital emergency department as soon as possible. Upon arrival, a duly completed information form must be given to the attending physician.

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DEPT. OF LABOR
Y. STATE DEPT.
K. STATE DEPT.

QUICK ASSESSMENT OF EXPOSURE TO BLOOD
To be remitted to physician at hospital emergency department

IDENTIFICATION

Name of person exposed to blood: _____

Address: _____ Telephone no.: _____

Name of source person(s): _____

Address: _____ Telephone no.: _____

Telephone no. where source person(s) can easily be reached: _____

Place to which source person(s) was/were transported: _____

(over)

QUICK ASSESSMENT OF EXPOSURE TO BLOOD
To be remitted to physician at hospital emergency department

EXPOSURE

Date: _____

Time: _____

How did the other person's blood come into contact with your blood?

- Needle prick Cut Scrape with bleeding Open lesions on your skin
(eczema, wound, frostbite, etc.)

Describe the circumstances surrounding the exposure incident:
(e.g. quantity of blood, depth of the wound, duration of exposure, etc.)

Describe the object that injured you (if applicable): _____

Bite involving damaged skin:

Describe your injury: _____

Was there blood in the mouth of the assailant? Yes No Don't know

Was the assailant's blood in contact with your mucous membranes (eyes, lips, mouth, inside the nose)?

Surface touched: _____ Duration of contact: _____