

17. Post Blood and Body Fluid Exposure

The effective management of a staff exposure requires the cooperation of Occupational Health, Infection Prevention and Control, and Communicable Disease staff (Public Health).

Protocols for blood and body exposure response is being developed for the Communicable Disease Manual.

Health care workers who are at risk of exposure to blood and body fluids are at risk of contracting Hepatitis B, Hepatitis C, HIV and many other communicable illnesses.

In the case of an exposure to blood or body fluids, the immediate response should be:

- If eye or mouth exposure, flush with copious amounts of water
- If break in the skin, wash with soap and water

When an exposure occurs in the health care setting, post-exposure follow-up needs to include:

- Report to supervisor
- Prompt first aid and triage for prophylaxis
- Restrict access and clean up of spill to prevent exposure to others

In order to do a risk assessment of a blood and body fluid exposure, gather the following information on the exposed person and the source of the exposure:

- Immunization and previous exposure history
- Details and analysis of nature and extent of exposure
- Identification of any other exposed staff



Next steps:

- Triage to assess need and urgency for post-exposure prophylaxis for HIV and Hepatitis B (if need assistance, call the Regional CDC Coordinator during business hours, or the Medical Officer of Health on call after hours)
- Follow up serology for Hepatitis B and HIV
- If required, tetanus booster and Hepatitis B vaccination
- Education and counselling of exposed person about time period while waiting results or prophylaxis
- Education regarding preventive actions that may be put into place to improve practices and prevent recurrence.