



- Inform CHSS if you think you might be pregnant now

What are the chances of catching disease from needlestick injury with blood from a patient who has Hepatitis or HIV?

Hepatitis B: 6-30% (0% if you have been vaccinated)

Hepatitis C: 3-10%

HIV: 0.3% (that is a 3 in 1000 chance of getting infected)

For emotional support and counseling, you may wish to contact the Employee Assistance Program.

Employee Assistance Program

24 Hours / Day - 7 Days / week
1-800-361-5676

CHSS will contact you with the source patient blood results as soon as they become available.

Please return to CHSS for follow-up testing according to the following schedule:

Date	CHSS Follow up Schedule	
	Baseline	Hepatitis B and C, HIV, baseline blood work so that adverse effects of any HIV medications given can be quickly detected
	2 weeks	Blood work to follow effects of HIV medications on blood, liver, kidneys, etc. (only if you start on HIV meds)
	6 weeks	HIV
	3 months	Hepatitis B and C, HIV
	6 months	Hepatitis C, HIV, (Hepatitis B only if you are still not immune)
	12 months	HIV (only if you develop a new Hepatitis C infection)

You have an appointment at the Positive Care Clinic (416-864-5696) on: _____

Contact CHSS if you have any questions or concerns at x 5013.

ST. MICHAEL'S HOSPITAL
Corporate Health and Safety Services
 2nd Floor Shuter-wing
 Hours 7 a.m. to 4 p.m.
 Tel: (416) 864-5013
 Fax: (416) 864-5405
www.stmichaelshospital.com
 Form No: 70340 Dev. 12/09

ST. MICHAEL'S HOSPITAL

What to do in case of blood and body fluid exposure



Contact:
Corporate Health and Safety Services

Monday - Friday,
 7 am - 4 pm
 2 Shuter, Extension 5013

If CHSS is closed then go to the
 Emergency Department



Significant exposure to blood and certain other body fluids can result in transmission of viruses such as Hepatitis B, Hepatitis C and HIV. Your risk of infection depends on several factors including how you were exposed and whether the person whose blood you were exposed to has these infections.

What follow-up is required?

Hepatitis B: If you have been immunized and your blood test has shown that you are immune then you are not at risk and do not require any further test or treatment.

If you are not immune, you will be given Hepatitis B vaccine now and you may also be given passive antibodies to Hepatitis B (HBIG). You should be tested 1-2 months after completing the vaccine series to determine if you have responded to the vaccine and are protected against Hepatitis B infection. Treatment after exposure has occurred should protect you from developing Hepatitis B; however, any symptoms suggesting Hepatitis (e.g. yellow eyes or skin, loss of appetite, nausea, vomiting, fever, stomach or joint pain, extreme tiredness) should be reported to CHSS and your family doctor.

Hepatitis C: You should be tested for HCV antibody and liver enzyme levels as soon as possible after the exposure and at 4-6 months after exposure. Report any symptoms suggesting Hepatitis (e.g. yellow eyes or skin, loss of appetite, nausea, vomiting, fever, stomach or joint pain, extreme tiredness) to CHSS and your family doctor.

HIV: You should be tested for HIV antibody as soon as possible after exposure and regularly for at least 6 months after the exposure. CHSS is able to test the source patient (to whose blood you were exposed) to obtain an HIV result within 24-48 hours. If you take antiviral drugs (PEP) for post-exposure treatment, you should be checked for drug toxicity by having a complete blood count and kidney and liver function tests just before starting treatment and 2 weeks after starting treatment. You should report any sudden or severe flu-like illness that occurs during the follow-up period, especially if it involves fever, rash, muscles aches, tiredness, malaise, or swollen glands. Any of these may suggest HIV infection, drug reaction, or other medical condition. You should contact CHSS and/or your family doctor if you have any questions or problems during the follow-up period.

What precautions should be taken during the follow-up period?

Hepatitis B: If you have been exposed to Hepatitis B and receive post-exposure treatment, it is unlikely that you will become infected or pass the infection on to others. No precautions are recommended.

Hepatitis C: Because the risk of becoming infected and passing the infection on to others after an exposure to Hepatitis C is low, no precautions are recommended.

HIV: During the follow-up period, especially the first 6-12 weeks when most infected persons are expected to show signs of infection, you should follow recommendations for preventing transmission of HIV:

- Do not donate blood, semen or organs
- Abstain from sexual intercourse. If you choose to have sexual intercourse, using a condom consistently and correctly may reduce the risk of HIV transmission
- Avoid breast-feeding infants during the follow-up period to prevent the possibility of exposing infants to HIV that may be in your breast milk