

## Risk and Safety Services (RSS)

### Exposure to human blood, body fluids, tissues, or contaminated equipment.

To: \_\_\_\_\_  
From: \_\_\_\_\_  
Date: \_\_\_\_\_  
Subject: Information following exposure to human blood, body fluids, tissues, or contaminated equipment  
Cc: Supervisor's Name, Department

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You have experienced an occupational exposure to possible blood-borne pathogens such as hepatitis B or C or HIV. Although such exposures rarely result in the transmission of infection, every effort will be made to prevent such infection. In the unlikely event of the infection, every effort will be made to diagnose and treat the conditions to eliminate or minimize any adverse medical consequences.

You will be asked to provide a baseline (immediate) and follow-up blood samples to permit serologic testing. These tests will help to determine whether or not you have become infected. Depending upon your vaccination status and other potential seriousness of the exposure, you may receive Post-Exposure Prophylaxis (PEP) with vaccinations, injections of immune globulin and/or pills to take orally.

As a general rule, there are few, if any, side effects associated with injection of vaccines or immune globulin. In contrast, almost all people who take pills to prevent transmission of HIV following such exposures develop mild-to-moderate side effects. Should you experience any side-effects, feel free to consult with Health Services. Rest assured, that this service remains completely confidential despite the occupational nature of the injury.

Should a virus become established in your body, there is a chance that it could be transmitted to intimate contacts (e.g. spouse, sexual partner, a developing fetus, or children). Such transmission can occur via blood, semen, breast milk, organ or tissue donations, and the sharing of needles or even toothbrushes and razors. As a result, for exposures considered to be medium or higher risk, employees are encouraged to avoid any activity that could potentially spread the infection to another person for a period of 3 months following PEP (i.e. until serologic testing can be completed and an infection ruled out). For example, women should not breast feed or attempt to become pregnant and both men and women should practice safer sex (e.g. using condoms). This advice should be reviewed during a medical consultation so that it can be specifically tailored to your situations.

Should you have any further questions or concerns, you may contact Health Services (250) 828-5126.

Employees can also call the Employee Assistance Program (Ceridian) at (877) 207-8833.

Students can also contact Counselling Services via Student Services between 8pm and 4pm, Monday through Friday at 250-828-5023. Outside of regular working hours, students are encouraged to call the Interior Crisis Line at 1-888-353-2273.