



**Staff Wellness**

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Risk of blood borne infections from a blood or body fluid exposure:...

Postexposure prophylaxis (PEP) for blood and body fluid exposure:...

Preventing spread of infection to others.....

Information on the recommended lab or serological testing that should be done following a blood or body fluid exposure.....

Caring for your mental health following an exposure:.....

Questions and additional resources:.....

References:.....

Experiencing a blood or body fluid exposure can be a stressful and overwhelming experience. It is important to act quickly to reduce the risk of transmission of bloodborne pathogens if possible. This information resource

## WHAT TO DO NEXT IF YOU HAVE EXPERIENCED A BLOOD AND BODY FLUID EXPOSURE

1. Ensure that the University's [Post-exposure Protocol for Biological Hazards](#) as well as any lab or work specific post-exposure protocols are followed.
2. Follow the instructions provided by your healthcare provider for any post-exposure prophylaxis (PEP) treatment or testing that may be required. Make sure to attend any follow-up appointments and take any medications as directed.
3. Monitor yourself for any symptoms of infection, such as fever, fatigue, nausea, or yellowing of the skin or eyes. If you notice any of these symptoms, contact your healthcare provider.
4. Get appropriate vaccinations for exposure to blood and body fluids, such as Hepatitis B if you have not already done so, as this can greatly reduce your risk of contracting the virus in the future.
5. Experiencing a blood and body fluid exposure can be stressful and you may experience a range of feelings and emotion. Consider talking to someone about how your feeling and seeking support as needed.

## RISK OF BLOOD BORNE INFECTIONS FROM A BLOOD OR BODY FLUID EXPOSURE

The three primary viral infections that can occur from a blood or body fluid exposure include Hepatitis B, Hepatitis C, and HIV. Risk factors for acquiring infection include the immune status of the exposed individual, viral load and other risk factors of the source of exposure (e.g. individuals with multiple sexual partners, men who have sex with men, sexual partner or close family member infected with a blood borne virus, history of



**| INFORMATION ON THE RECOMMENDED LAB OR**

## QUESTIONS AND ADDITIONAL RESOURCES

If you have any questions about your exposure or any of the information included here, please contact the Occupational Health Nurse by confidential e-mail (