

**BLOODBORNE PATHOGEN EXPOSURE FOLLOW-UP INSTRUCTIONS**

*This form is given to the exposed person to keep for future reference.*

Date: \_\_\_\_\_

1. Return for lab results on \_\_\_\_\_.  
Results will be given in person only.

2. Return for postexposure testing on these dates:

- \_\_\_\_\_ 6 weeks (if applicable)
- \_\_\_\_\_ 3 months
- \_\_\_\_\_ 6 months

3. Follow these precautions until all postexposure testing/treatment is complete:

- A. Continue to always practice Standard Precautions (wear gloves if necessary to touch any body fluid that may contain bloodborne pathogens)
- B. Do not donate blood, blood products, sperm, tissue, organs, or breast milk.
- C. Practice safe sex at all times.

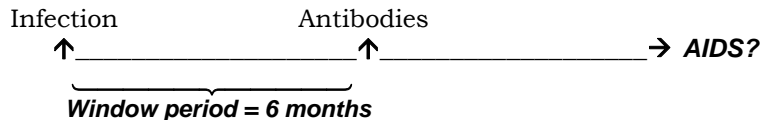
4. Report these signs/symptoms to your physician immediately, and inform him/her that you are being followed for a needlestick/blood exposure:

- Fever • Rash • Swollen lymph nodes • Extreme, unexplainable tiredness • Significant muscle pain

**HIV Transmission Review:**

✧ The “window period”:

- A negative HIV test can occur during the window period even though the person has been infected with HIV.
- Someone who is in the **window period** can still infect another person with HIV.



✧ **Body fluids that can contain HIV:**

1. Semen (includes the clear fluid present before ejaculation)
2. Vaginal secretions
3. Blood (including menstrual)

✧ **The three ways HIV can be transmitted:**

1. Sexual contact (vaginal, oral or rectal)
2. Direct blood contact such as:
  - Sharing needles to inject drugs
  - Blood transfusion or blood products
  - Occupational exposures
3. Perinatal (from mother to baby before, during or after birth)

**Oklahoma AIDS Information:**  
1-800-535-2437

**National AIDS Hotline:**  
1-800-342-2437

✧ **HIV can enter the body in two ways:**

1. A break in the skin - even a tiny one
2. Mucous membranes - anyplace on the body that is naturally moist