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.

   Infection       Antibodies
   ↑_______________↑_______________→ AIDS?

   Window period = 6 months

◊ 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)

◊ 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