

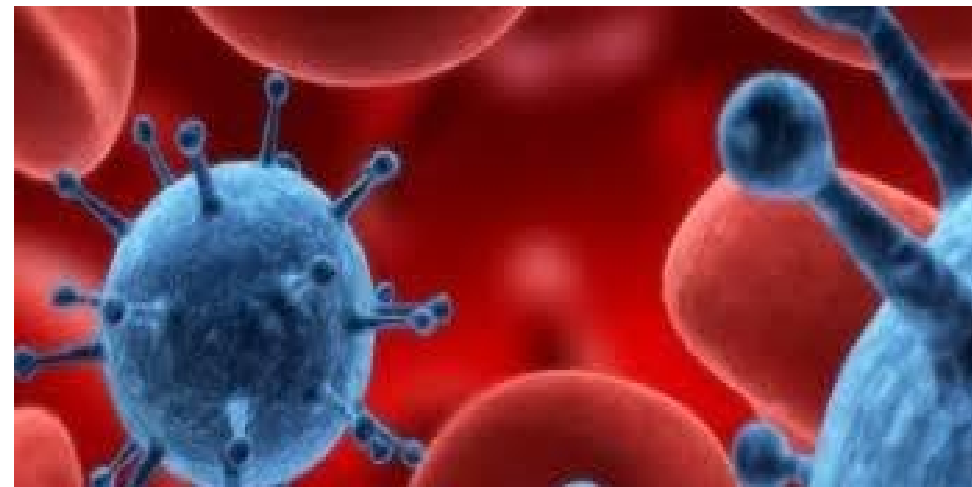
## What you can expect from the National Health Service (NHS):

- First Aid treatment for any injuries.
- An exposure risk assessment will be carried out. This may be carried out by the Triage Nurse. If your risk of contracting a blood borne virus is assessed as low you may be advised to see your own General Practitioner, Genitourinary Clinic or Occupational Health Department.
- If significant exposure is identified at Accident and Emergency, you will be offered some or all of the following:
  - Blood test (the sample will be saved at the hospital)
  - Hepatitis B Vaccination (if course not completed) and/or Hepatitis B Immunoglobulin to give immediate but temporary protection.
  - HIV testing and/or treatment.
  - PEP ie. preventative treatment for HIV (dependent on risk assessment)
  - Referral for counselling if required.
  - Referral to Genitourinary Medicine Clinic and follow up counselling if required.



EMCHRS Occupational Health Unit

The major blood-borne viruses associated with **needle-stick injuries**, **human bites** and contact with **bodily fluids** are hepatitis B, hepatitis C and HIV.



### Operational Precautions:

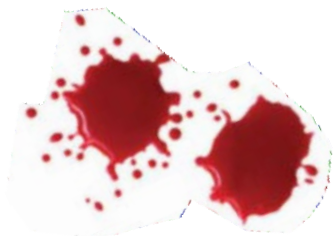
- Before beginning a shift cover all cuts and grazes with a waterproof plaster or dressing whilst on duty.
- Wear protective gloves whenever there is likely to be contact with another person's blood or bodily fluids (even if the blood has dried).
- Wash hands with soap as soon as possible following contact with another person's blood/bodily fluids whether or not wearing protective gloves. Scrubbing the skin should be avoided to minimise damage to the natural protective skin barrier.
- Follow correct procedures for disposing of blood/bodily fluids and stained objects. For further information please refer to the Stores intranet site.

### Vaccinations:

- Ensure you are fully vaccinated against hepatitis B. Free vaccinations against hepatitis B are available from our partner Lloyds Pharmacy.
- The full course is 3 injections in the arm with a follow-up blood test.
- There are currently no vaccines for hepatitis C or HIV.

### Sharp injury/splash:

- If a puncture wound – Encourage wound to bleed. Do not suck wound.
- Wash wound/exposed area with soap and running water but without scrubbing. Where the eyes or mouth have been exposed to blood or bodily fluids they should be washed copiously with water.
- Always report incident to line manager and Occupational Health.
- If Occupational Health is unavailable or it is outside office hours report to Accident and Emergency.
- For injuries – report to Accident and Emergency immediately.
- If HIV Post Exposure Prophylaxis (PEP) is needed it can only be given following assessment in Accident and Emergency Departments. Although PEP should ideally be given within 1 hour if the exposure is genuinely 'high risk', PEP can be given within 24 – 48 hours but should not be delayed beyond 72 hours (Department of Health guidance, 2008).



Further information, advice, and guidance available from your Occupational Health Department:

- Derbyshire: 0300 122 8727
- Leicester: 0116 248 2073