

# **URGENT--EVERY MINUTE COUNTS WHEN YOU'VE BEEN EXPOSED TO BLOOD OR BODY FLUIDS**

## **FIRST AID**

**IMMEDIATELY** wash skin with soap and water for 1-2 minutes and/or flush eyes/nose/mouth for 10 minutes with running water (remove contacts).

## **RESOURCE CONTACTS**

- **School nurse**
- **MESD Nurse**
- 7:30 am – 4:30 pm, Monday-Friday, 503-257-1732
- **KAISER ADVICE NURSE**  
8:00 am - 5:00 pm, Monday-Friday, 503-249-3531 or 1-888-414-3531  
5:00 pm - 12:00 am, 7 days a week, 503-813-2000 or 1-800-813-2000

## **EXPOSURE**

**If an employee has a true exposure to blood or body fluids they should leave work as soon as arrangements can be made, and be evaluated by a medical professional within 2 hours of the incident.**

### **Examples of a TRUE exposure:**

- A human bite that draws blood, breaks, tears or abrades skin
- Someone spits into your eyes or mouth
- Blood or body fluids come into contact with your non-intact skin via a cut, scratch, shaving rash, acne, hang nail

### **Examples of what is NOT an exposure:**

- Human bite that does not break skin
- Blood or body fluid contacts your intact skin

### **What's the rush?**

- There is a “window” of time following a true blood or body fluid exposure in which physicians can administer anti-retroviral medications. To maximize their effectiveness, these medications should be administered between 0-2 hours of exposure.
- Not all exposures will require anti-retroviral medications, but there's no way to know that until a physician evaluates you.
- Based on the type and seriousness of the exposure, some physicians may administer anti-retroviral medications up to a 4-hour window of time. The further outside the 2-hour window you are, the less likely the medication will be effective.