BLOOD AND BODILY FLUID EXPOSURE GUIDELINES FOR EMERGENCY SERVICE WORKERS

1. FIRST AID - immediately:
Remove contaminated clothes. Allow wound to bleed freely, wash thoroughly with soap and water. Thoroughly flush mucous membranes with water.

2. ENSURE TETANUS UP TO DATE (preferably as Tdap [Adacel™])

<table>
<thead>
<tr>
<th>Clean, minor wounds</th>
<th>All other wounds (major, dirty)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tetanus vaccine if longer than 10 years</td>
<td>Tetanus vaccine if longer than 5 years</td>
</tr>
</tbody>
</table>

- Tdap (i.e., Adacel™) is preferred for adults ≥18 years (if not yet received an adult dose of pertussis) as it includes protection for pertussis (whooping cough), assuming 3 doses of tetanus in the past
- Tlg (tetanus immune globulin) - immunization that provides immediate protection, available from hospitals, only needed for persons who have not had at least 3 doses of tetanus vaccine in their life with major or dirty wounds

3. ASSESS IF EXPOSURE OCCURRED (for hepatitis B, hepatitis C and HIV)
An exposure includes the following (if involves blood, tissue or other potentially infectious body fluids, see chart below):
- Percutaneous – e.g. skin puncture or laceration by needle or sharp object
- Mucosal – splash to mucous membranes (e.g. eyes, nose, mouth)
- Cutaneous – contact through non intact skin (e.g. blood on open cut or dermatitis)
- Bites where skin is broken – risk to victim for hepatitis B from saliva; risk for hepatitis C and HIV only if saliva contains blood from oral lesion or injury; biter is also at risk if the bite drew blood

Not an exposure if: blood/bodily fluid onto intact skin, bites without broken/bleeding skin

4. LEVEL OF RISK:
1. Source - highest risk includes known positive - consider viral load/treatment; if status unknown consider risk factors (prevalence rates e.g., HIV 0.2% in Canada): injection drug user, men who have sex with men, sexual partner of known positive, multiple sexual partners, history of incarceration, tattoo/body piercing, from endemic country, received blood transfusion in Canada before 1986 for HIV, 1990 for hepatitis C and 1970 for hepatitis B
2. Type - higher to lower: hollow-bore needle > solid needle-deep injury > superficial scratch/mucous membrane
3. Volume - more blood = higher risk
4. Time out of body - fresh blood = higher risk than dried blood (survival outside the body: hepatitis B- at least 7 days; hepatitis C- up to 3 weeks; HIV does not live long outside the body)

5. PROBABILITY OF TRANSMISSION FROM A POSITIVE SOURCE

<table>
<thead>
<tr>
<th>Hepatitis B</th>
<th>Percutaneous 6-30%</th>
<th>Mucosal* Occurs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semen</td>
<td>6-30%</td>
<td>No quantitative data, but multiple cases of transmission reported in literature</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>0.3%</td>
<td>Negligible risk if blood dried e.g., discarded needle found in community; PEP generally not indicated.</td>
</tr>
<tr>
<td>HIV</td>
<td>0.09%</td>
<td>Extremely low risk, &lt; 1 in 1000 (in other words 99.91% will NOT contract HIV)</td>
</tr>
</tbody>
</table>

6. SOURCE TESTING - Most efficient and effective way to obtain source testing is by VOLUNTARY CONSENT
Direct Request
- Exposed person or designate directly requests that the source be tested for blood-borne diseases
- Institutional settings – medical staff or occupational health workers can request on behalf of exposed person
- If the source is not at the hospital and agrees to be tested, refer them for testing at their family physician or urgent care clinic; ensure the source has name and phone number and family doctor of exposed person regarding sharing the results

Process
- Physician orders source testing stat for hepatitis B, hepatitis C, and HIV
- Hepatitis B testing not needed if exposed person is immune (i.e., immunized and positive titre any time in past)
- Source provides consent for hospital or family physician to release results to exposed person (document consent, exposed person’s contact information and process for communication of results)
- Physician or designate provides exposed person with results
7. POST EXPOSURE BLOODWORK TESTING OF EXPOSED PERSON (can be arranged by primary health care provider)

<table>
<thead>
<tr>
<th></th>
<th>Baseline (pre-existing infection; Hep B immunity)</th>
<th>6 weeks</th>
<th>3 months</th>
<th>4 months</th>
<th>6 months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hepatitis B</strong></td>
<td>HBsAg (infection) &amp; Anti-HBs (titre) if unvaccinated or titre unknown</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Titrates 1-6 months after last dose of vaccine series (if HBIg was also given, wait 6 months to allow HBIg antibodies to wane)</td>
<td>HBsAg and Anti-HBs at 3 and 6 months only if not immune</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hepatitis C</strong></td>
<td>Anti-HCV, ALT</td>
<td>HCV RNA (PCR) if high risk</td>
<td>Anti-HCV ALT 95-99% sensitivity</td>
<td>Anti-HCV ALT 95-99% sensitivity</td>
<td></td>
</tr>
<tr>
<td>HIV</td>
<td>HIV Ag/Ab combo screen</td>
<td>HCV Ag/Ab earliest Ab detection 21 days</td>
<td>HIV Ag/Ab ** &gt;99.5% sensitivity</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*If exposed person has had a positive titre ever (and is not immunocompromised), they are considered protected against hepatitis B for life so no testing for hepatitis B is required. Titre levels decrease in most people over time, so a positive result at any time in the past indicates lifelong protection due to immune memory.

**4 months adequate if 4th generation combination HIV Ag/Ab test is used (Public Health Ontario Lab uses), 12 months if source co-infected with HIV and hepatitis C.

8. PEP REGIMEN (Post Exposure Prophylaxis)

a) Hepatitis B Immunization - Refer to Canadian Immunization Guide for details

<table>
<thead>
<tr>
<th>Immunization and Titre results (blood test to check immunity)</th>
<th>Risk</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Immunized, titre positive anytime in the past</td>
<td>No risk</td>
<td>No action</td>
</tr>
<tr>
<td>Immunized, no titre ever done*</td>
<td>May be at risk</td>
<td>Titre ASAP (&gt;48 hours for results), if OK no action, if non-immune: High risk exposure – HBlg and vaccine, blood test for titre in 6 months If titre unknown &gt;48 hrs -1 vaccine boost, follow above once titre known Low risk exposure – 1 dose vaccine, blood test for titre in 1 month</td>
</tr>
<tr>
<td>Unimmunized</td>
<td>At risk</td>
<td>High risk exposure - HBIg and vaccine series Low risk exposure – hepatitis B vaccine series Blood test for titre 1 month after vaccine series completed</td>
</tr>
<tr>
<td>Non-responder (negative titre when tested 1-6 months after vaccine series completed) **</td>
<td>At risk</td>
<td>High risk exposure: had 1 complete series - HBlg and 2nd vaccine series (blood test 1 month after vaccine series completed); had 2 complete series - HBlg x 2 doses one month apart Low risk exposure – 2nd vaccine series (if already completed, no action)</td>
</tr>
</tbody>
</table>

* If vaccine series was years ago and titre never done, a titre done now may be negative because antibodies may have declined (as they do in most people) but could still be protected due to immune memory. To determine if protected, give 1 vaccine dose and check titre 1 month later (6 months if HBlg also given), if positive considered immune for life (as long as not immunocompromised).

**Defined as a non-responder if titre done within 1-6 months after completion of vaccine series.

**50-70% of non-responders will respond to a second vaccine series

b) Hepatitis C

- No medication or immunization indicated
- If infection occurs some people clear the virus on their own ≤ 6 months, studies suggest early treatment is beneficial

c) HIV - Updated CDC/US Public Health Service Guidelines, Management of Occupational Exposures to HIV, August 2013

- Only a 3 drug PEP regimen recommended for ALL exposures if:
  - meets criteria for exposure and source is HIV positive or there is a reasonable suspicion for HIV infection (see sections 3 and 4 to determine if exposure is significant)
  - PEP not justified for exposures that pose a negligible risk for transmission (e.g., discarded needle, bites)
- Current PEP regimen (see below) better tolerated than previous regimens
- Expert opinion recommended if exposed person pregnant/breastfeeding, source HIV+ with anti-retroviral resistance or PEP is delayed >72 hours (efficacy unknown but can consider up to 1 week if extremely high risk)

**Preferred HIV 3-drug PEP Regimen:

- Truvada™ 1 PO daily x 28 days
- Isentress™ (Raltegravir) 400 mg PO twice daily x 28 days
- Tenofovir DF [TDF] 300mg + emtricitabine [FTC] 200mg

Follow up is done by physician with a special interest in HIV to monitor drug tolerance, reassess need for PEP within 3-5 days