



# Body and Beauty Art

## Response Procedures for Blood and Body Fluids Exposure

### What is the Health Risk?

You and your clients are at risk of being exposed to HIV, Hepatitis B, Hepatitis C or other microorganisms such as bacteria or fungi.

**You do not have to see blood or body fluids on equipment or surfaces for an infection to occur.**

### Facts about blood-borne diseases:

- An individual infected with Hepatitis B, Hepatitis C or HIV may **not** show symptoms right away, but can still transmit these diseases.
- The Hepatitis B virus can survive on surfaces, such as metal, cotton and glass for two weeks or longer.
- There is a vaccine that will protect you from getting Hepatitis B but there are no vaccines to protect you against Hepatitis C or HIV.

### What is a blood or body fluid exposure?

- A poke from a used needle;
- A cut from a used sharp object;
- A splash of blood or body fluid onto broken skin (an open wound, cut or rash);
- A splash of blood or body fluid into the eyes, nose or mouth;
- Touching or handling contaminated instruments or surfaces with broken skin (an open wound, cut or rash).

### What you should do if exposed to blood and/or body fluid:

- Protect yourself, wear single use disposable gloves prior to handling or dressing the wound; gloves should also be worn when handling items that have been contaminated with blood or body fluid.
- Wash the skin exposed to blood or body fluid with soap and water. If the area is bleeding, allow it to bleed freely.
- Flush the eyes, nose or mouth with water if they have been exposed to blood or body fluid.
- Apply a skin antiseptic, like 70% isopropyl alcohol, and cover with a clean, preferably sterile dressing or bandage.
- Seek medical attention immediately if exposed to blood or body fluid.
- Clean and then disinfect all surfaces contaminated with blood or body fluid using an intermediate to high-level disinfectant, such as  $\frac{1}{4}$  cup of bleach to 2  $\frac{1}{4}$  cups of water, allowing it to contact the surface for 10 minutes. Refer to **Disinfection solutions using household bleach (5.25%) chart** for details.
- Dispose of cloths used for wiping up blood or other body fluid by placing them in a sealed plastic bag and then in the garbage.



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- Wash your hands after removing gloves, after treating a client or colleague exposed to blood or body fluid, and after handling any items contaminated with blood or body fluid; see the **Handwashing poster**.
- Record all accidental blood or body fluid exposures and keep records on site for a minimum of one year and on file for five years. Records should include
  - name (first and last), mailing address and phone number of the person exposed;
  - name of the personal service worker involved;
  - date of injury;
  - site of injury;
  - circumstances surrounding the injury;
  - action taken.

**Get vaccinated. The Hepatitis B vaccination is strongly recommended.**

Source: Ministry of Health and Long Term Care, Infection Prevention and Control Best Practices for Personal Services Settings, January 2009.

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