

Blood and Body Fluid Exposure Response Procedures

What is an exposure?

- Cut from a sharp object that is not intended to pierce the skin.
- Cut from a sharp object that is contaminated with another person's blood or body fluids.
- Needle stick injury from a used needle.
- Splash/spray of blood or body fluids onto broken skin (open cut, wound, rash).
- Splash/spray of blood or body fluids onto mucous membranes (eyes, nose, mouth).
- Any time that staff and/or clients are exposed to blood or body fluids.

What to do if a client or staff member is exposed to blood or body fluids:

1. Wash hands or use alcohol-based hand sanitizer and put on single-use gloves prior to handling or dressing the wound.
2. If the wound is bleeding, allow it to bleed freely. Clean the wound with warm water and soap. Apply a skin antiseptic, such as 70% isopropyl alcohol. Cover the wound with a clean, preferably sterile dressing or bandage.
3. If there has been a splash/spray of blood or body fluids onto mucous membranes (eyes, nose, mouth), flush the area thoroughly with water.
4. For a cut from a sharp object not intended to pierce the skin (e.g., accidental cut from nail clippers during pedicure) the exposed person should watch for signs of infection (redness, swelling, pain, warmth around the wound) and contact a healthcare provider if signs of infection occur.

For an exposure to another person's blood or body fluids (due to cut from a contaminated object, needle stick injury, or splash/spray onto broken skin or mucous membranes), the exposed person should contact a healthcare provider as soon as possible.
5. Use the *Accidental Exposure Recording Form* to document the following information when there has been an exposure to blood or body fluids. This is required by *Ontario Regulation 136*, under section 14(1) 4 (i-vi). Keep these records on site for one year and readily available for an additional two years, in a secure location.
 - Date of the incident
 - Service being provided when the exposure occurred
 - Where on the body the exposure occurred
 - Name and contact information of the person exposed
 - Name and contact information of the staff person performing the service
 - Action taken by the staff providing the service when the injury/exposure occurred (e.g., provided first aid, cleaned and disinfected contaminated equipment and surfaces).
6. Clean and disinfect all contaminated equipment and surfaces using the appropriate level of disinfection. Refer to the fact sheets *Preparing Bleach as a Disinfectant* and/or *Disinfection Chart*. Whenever preparing or discarding a high-level disinfectant, record it on the *High-Level Disinfectant Change Record* form or where you record high-level disinfectant changes.

Refer to Public Health Ontario's [Guide to Infection Prevention and Control in Personal Service Settings](#), 3rd edition for more information.

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