

What to do in case of exposure to blood?

- Follow the instructions on CNESST's info card, "Que faire lors d'une exposition au sang?" (in French only) www.cnesst.gouv.qc.ca
- In Montréal: Go to the CHUM's emergency department and tell them that you have been in contact with blood at work.

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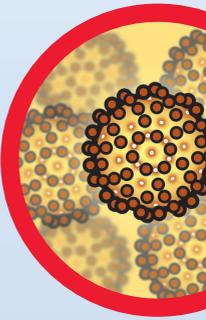
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Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal

PLUS FORT AVEC VOUS

Be careful with blood!



Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal

Québec



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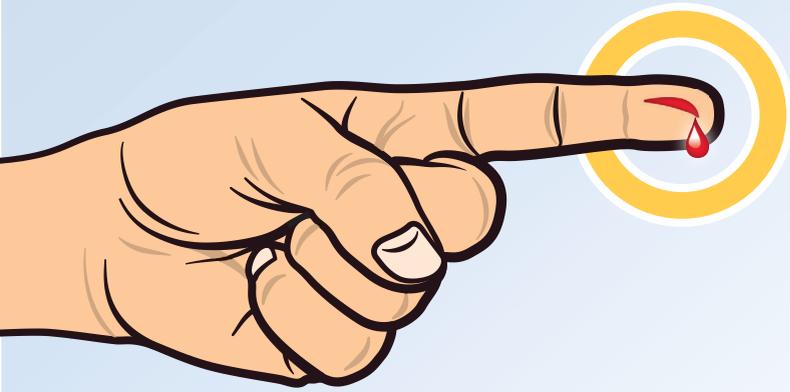
Pour des milieux de travail en santé
Réseau de santé publique en santé au travail



Québec



Be cautious!



All blood should be considered as possibly contaminated with hepatitis B, hepatitis C or human immunodeficiency virus (HIV).

A person who is infected can look healthy, but still be contagious. Virus levels are higher in blood, which is why it's important to be careful around blood and to protect yourself.

2 Dangerous viruses

Hepatitis B and hepatitis C viruses

- These viruses infect the liver and can cause chronic infections in adults.
- Acute infections are often undetected. Less than half the time, hepatitis causes jaundice (yellowing of the skin and whites of the eyes), fatigue or abdominal pain.
- Chronic infection can lead to serious complications such as cirrhosis, a liver disease.



HIV

HIV attacks and weakens the body's immune system. Medications help control the virus. Therefore, few people now develop AIDS.

Blood-stained clothing, equipment or object

- Handle it or dispose of it safely.
- Follow the manufacturer's instructions when cleaning an item could be damaged by bleach.
- Clean the item with bleach, if there is no risk of damaging it.

Instructions for use:

Add 1 part household bleach (5,25%) to 9 parts water.

Bleach should never be mixed with another disinfectant or cleaner.

Let sit for at least 10 minutes.

Cardiopulmonary resuscitation

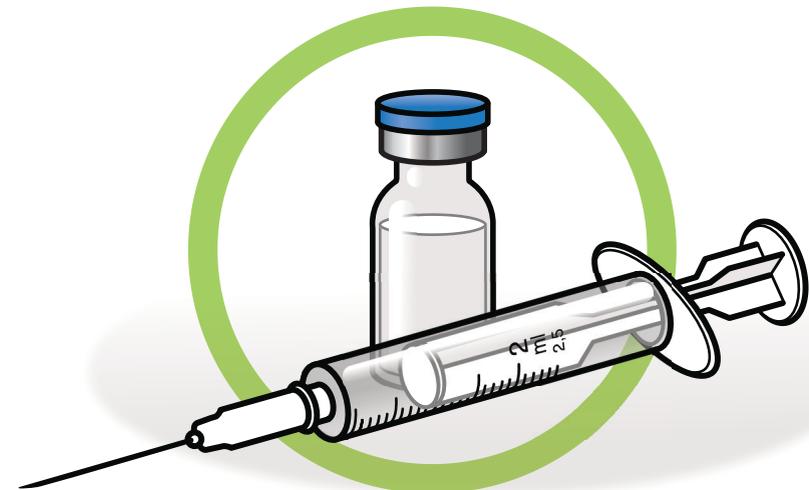
- Always use a pocket mask with a one-way valve.

Preventive vaccination

- Get vaccinated against hepatitis B, if the occupational health team determines that your exposure to blood is significant. The employer will cover the cost.
- Update your tetanus vaccination every 10 years.

Please note

Some surfaces or objects could be damaged by bleach. In those cases, follow the manufacturer's instructions.



How can you protect yourself?

Disposable gloves create a barrier between you and germs.



Wear gloves

- when handling blood-stained clothes or objects;
- when helping or touching someone who is bleeding.

Needles and sharp objects

- Handle them safely.
- Wear gloves and use tongs to pick them up.
- Put them in a safe plastic container.



How do you get hepatitis and HIV?

- When the blood of an infected person goes through the skin as a result of a jab, scrape or cut, or when it comes in contact with an open wound or non-intact skin (e.g. eczema or chapping).
 - From a human bite that causes bleeding.
- Exposure to saliva is not a risk, except if you are bitten and there is blood in the sputum.*
- When the blood of an infected person splashes into your eyes, lips or mouth.



There is no risk if the skin isn't broken.

How can you protect yourself?

Before you start working,

- cover wounds and lesions with a bandage.

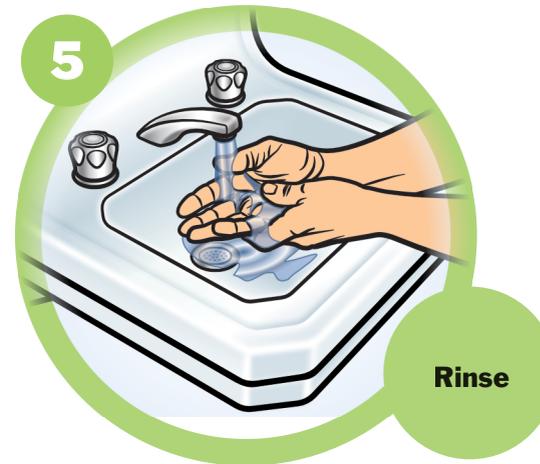
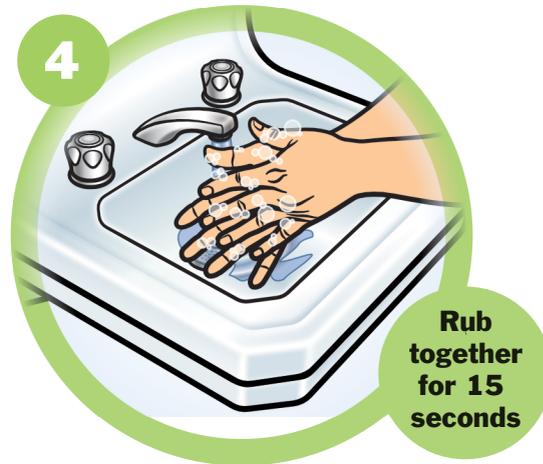
Wash your hands

- right away, if you come into contact with blood;
- often, and before eating, drinking and smoking.



Wash your hands

with water



without water

