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## **PRECAUTIONS FOR EMPLOYEES EXPOSED TO POTENTIAL HIV**

You may have been exposed to blood or other body fluids.

You may have your BLOOD TESTED for HIV STATUS by

- A. Having blood drawn now for baseline HIV status.
- B. Being retested at three and six months after exposure to determine if transmission has occurred.

These tests may be done by your Health Care Provider (limited confidentiality)

### **OR**

You may be tested at one of the County Public Health Departments. There you may be tested on an anonymous (number) basis or by name. Results are given to you by the Health Department (where they are filed). There is no cost to you. Testing is done at Jackson County Health Department on Tuesdays and Thursdays, 1pm-4pm on a walk-in basis. Testing is done at Josephine county Health Department on Tuesdays and Thursdays by appointment only. Call 474-5325 to set up an appointment. In each case, obtain a purchase order from the Procurement Specialist and bring that with you to the Health Department.

### **IT IS IMPORTANT THAT YOU FOLLOW THE GUIDELINES BELOW:**

1. Report any “flu-like” illness that occurs within 12 weeks after the exposure.
2. Use the following precautions for preventing transmission of HIV:
  - Be sure to tell your sexual partner about your exposure and the precautions you must take. Avoiding sex would eliminate any possible risk of spreading the virus by sexual means. However, if you and your partner decide to have sex, be careful to protect him/her from contact with your body fluids, which may carry the virus. (Body fluids include blood, semen, urine, feces, saliva and vaginal secretions). You may wish to use a condom, which will help reduce the chances of spreading the virus, and avoid practices, such as anal intercourse, that may injure body tissues and make it easier for the virus to enter the bloodstream. Oral-genital contact should also be avoided, as should open-mouthed, intimate kissing.
  - Do not share toothbrushes, razors, tweezers or other items that could become contaminated with blood.
  - Do not donate blood or plasma, body organs, other body tissue, or sperm.
  - Clean up spills of blood or other body fluids on household or other surfaces with freshly diluted household bleach – one part bleach to nine parts cold water (do not use bleach on wounds).
  - When you seek medical help, tell the doctor, dentist, eye doctor or other health worker who gives you care, about your exposure so that steps can be taken to protect yourself and others.
  - If you are a woman, consider avoiding pregnancy until the possibility of conversion has passed and you are declared a non-converter. If you do become pregnant, it is important to see a doctor for regular care. If you are now pregnant, consult your doctor regarding your exposure.