

PRECAUTIONS FOR REDUCING TRANSMISSION OF BLOOD-BORNE INFECTIONS

Blood borne infections are spread when blood or body fluids from an infected person enter another person's bloodstream. The following body fluids are capable of spreading this kind of infection:

- **Blood or any body fluid containing blood**
- **Sexual fluids: semen, vaginal fluids**
- **Breast milk**
- **Saliva (only known to spread hepatitis B)**

You are being advised to be tested for blood borne infections which include hepatitis B, hepatitis C, and HIV. To make sure others are not exposed to your blood or body fluids, please follow the precautions below until your doctor tells you there is no risk of infection based on your blood test results:

- **Practice safer sex with all sex partners. Safer sex means not having sex or using a condom or barrier protection for all types of sexual activity.**
- **Do not share objects that may contain blood such as needles or syringes, razors, toothbrushes, nail clippers.**
- **Speak to your doctor if you are breast feeding.**
- **Do not donate blood, organs, tissue, semen or breast milk.**
- **Make sure other people are not exposed to your blood or body fluids. Clean up blood spills with soap and water, and then use a 1:10 bleach solution (1 part bleach to 9 parts water) to disinfect the area. Throw away any articles that have come into contact with your blood.**

If you have any questions or concerns, please contact the Infectious Disease Control Team at 519-663-5317 ext. 2330 or go to www.healthunit.com

Reviewed February 2013