

## Contact with blood and other bodily fluids

There are many ways you can be exposed to blood or other bodily fluids when you are at work. If this should happen to you, it is important you know what to do to receive the critical medical treatment you need and how to report the incident to your employer and the Workers' Compensation Board – Alberta (WCB).

### What is the risk?

Body fluids are liquids originating from inside our bodies. They include fluids that are excreted or secreted from the body. Human blood, body fluids, and other body tissues are widely recognized as vehicles for the transmission of human disease such as Hepatitis B, C or HIV.

### How can this type of exposure occur at work?

You can have contact with blood or bodily fluids when you are:

- Stabbed by a needle, broken glass, scalpel, or other sharp object that has blood or other bodily fluids on it.
- Cleaning up blood or bodily fluids without protective equipment (e.g. gloves) and your skin has scratches, lacerations, or skin irritation.
- Splashed with another person's blood or bodily fluids and your skin has scratches, lacerations, or skin irritation.
- Splashed with blood or a bodily fluid in the mucous membranes in your mouth, nose or eyes.
- Bitten by another person.

**If you believe you have had an exposure, promptly tell your employer, and seek immediate medical treatment at your nearest emergency department.**

Clearly describe what job duty you were doing at the time of the incident, what you were exposed to (e.g. blood, saliva) and where the exposure occurred. This information helps your physician make timely decisions about your medical treatment.

This information also helps your employer identify what can be done in the workplace to protect you and your co-workers in the future.

### Ask your physician questions until you understand.

You deserve to know what is going on. Ask questions. It is important to take care of yourself by learning about your exposure as well as the details of your treatment. Your emergency room (ER) physician will advise you if you need to see an Infectious Disease Specialist and if you require a prescription for prophylactic medication (a medicine used to prevent a disease from occurring).

If you do require prophylactic medication and your employer has WCB coverage, your pharmacy can make arrangements for the cost of this prescription to be billed directly to WCB. It is very important you receive this medication in a timely manner to avoid developing any future diseases.

Ask your doctor if future appointments or follow-up is required.

### Report your incident to the Workers' Compensation Board-Alberta.

Complete a Worker Report on Injury or Occupational Disease (form C060) online or send it by fax to 780-427-5863 or 1-800-661-1993. For more information, visit <https://www.wcb.ab.ca/claims/report-an-injury/for-workers.html>.

If you have a prescription and need **emergency medication authorization**, call our Claims Contact Centre 780-498-3999 or 1-866-922-9221. Authorization can be provided during regular business hours (Monday to Friday, from 8 am to 4:30 pm).

If you have any further questions, please give us a call. We are here to help you and support you in this process.

