



DALLAS COUNTY
DEPARTMENT OF HEALTH AND HUMAN SERVICES
Communicable Disease Control

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LETTER OF RECOMMENDATIONS

This letter is regarding a blood/body fluid exposure that you sustained while at work. The law does not require a Public Safety Worker (PSW) to be tested but baseline testing within 10 days after exposure is necessary to qualify for most Workers' Compensation Programs. Although we can not speak for your Workers' Compensation Program, any expenses you incur in relation to this exposure may be covered under that program.

A PSW with a blood/body fluid exposure should seek immediate medical attention for evaluation, treatment and post-exposure prophylaxis if needed. Do not wait for the Source test results to seek medical care.

Your employer or your physician has recommendations for your care following this exposure. These recommendations should include:

1. See your health care provider (HCP) as soon as possible (ASAP) after the exposure. Post exposure medication works best if started within the first two hours after an exposure to HIV. Do not wait for the Source test results. The HCP can call 1(888) 448-4911 to get **CURRENT GUIDELINES** for caring for a blood/body fluid exposure.
2. Follow guidelines for management of occupational exposure to HIV. Get HIV Antibody test at baseline (ASAP, but no later than 10 days after the exposure), 6 weeks, 12 weeks, and 6 months after exposure.
3. Follow guidelines for assessment of hepatitis B prophylaxis following an exposure to blood/body fluids. Get baseline testing (ASAP, but no later than 10 days after exposure), 6 weeks, 12 weeks, and 6 months after exposure.
4. Follow guidelines for assessment of hepatitis C after an exposure to blood/body fluids. Get baseline testing (ASAP, but no later than 10 days after exposure) and get a follow-up test at 3 and 6 months after the exposure.
5. Follow guidelines for assessment of syphilis after an exposure to blood/body fluids. Get baseline testing (ASAP, but no later than 10 days after exposure), and a follow-up test in 3 months.
6. Use condoms and a spermicidal when having any sexual contact until you have completed your sixth month blood tests.
7. Do not donate blood, tissue, or organs until you have completed your sixth month blood tests.
8. If you have an illness with a fever in the 3 months following the exposure, notify your physician.
9. Have the wound examined by a physician, if necessary.
10. If you have not had a Tetanus/Diphtheria vaccine in the last 5 years, get a Tdap booster. Tdap contains the adult Pertussis as well as Tetanus and Diphtheria vaccines.

It is important for the PSW to call Dallas County Health and Human Services, Communicable Disease Control between 8:00 AM and 4:30 PM on the first business day after the exposure. The number is (214) 819-2004.