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## What is an Exposure?

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An exposure is a specific eye, mouth, other mucous membrane, non-intact skin, or parenteral contact with blood or other potentially infectious material that results from the performance of an employee's duties.

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## What Should You do if You Receive an Exposure?

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1. Wash with soap and water for 10-15 minutes and/or flush mucous membranes/irrigate eyes with water for 10-15 minutes.
2. Report the incident to your supervisor and to the University's BBP Program Coordinator, Douglas Alexander at 683-4495
2. Obtain medical care through the University's contracted occupational health care provider, NOWCARE Medical Center, at the location listed in this pamphlet.

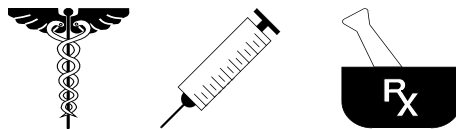
**Note:** It is not mandatory that you seek post-exposure medical care; however, the University strongly encourages you to do so. In addition, the Center for Disease Control and Prevention (CDC) recommends that you seek medical care immediately (within two hours) following an exposure.

3. Call NOWCARE to let them know that you will be coming in for post-exposure medical care and consultation. Be sure to tell them that you are an ODU employee.
4. Bring form BBP-2 with you to NOWCARE. This form can be found in Appendix E of the University's BBP Exposure Control Plan. Your supervisor should provide you with a copy of this form. The form should be completed and signed by the attending health care professional and signed by you.

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## Post-Exposure Medical Care is Provided at NO COST to you

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5. Following your medical exam, forward a copy of the completed form BBP-2 to Douglas via campus mail to the Environmental Health & Safety Office or fax to 683-6025.

**Note:** If you choose **not** to seek medical care, you must complete form BBP-2 as follows: your name, UID, place a check beside "Employee refuses post-exposure medical care" and sign and date the form acknowledging that you have been offered consultation and medical care. Forward a copy of the form to Douglas via campus mail to the Environmental Health & Safety Office or fax to 683-6025.

If you choose **not** to seek immediate medical care you may do so anytime thereafter; however, the University strongly encourages you to seek medical care immediately following an exposure per the CDC's recommendation.

6. As soon as possible after the exposure (i.e. next work day), complete form BBP-1, which can be found in Appendix E of the University's BBP Exposure Control Plan. Your supervisor should provide you with this form. Forward the form to Douglas via campus mail to the Environmental Health & Safety Office or fax to 683-6025.
7. As soon as possible after the exposure (i.e. next work day), contact the University's Worker's Compensation representative at 683-3051 to file a report of injury.

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## What should you do if you receive an exposure outside of NOWCARE's normal operating hours?

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1. Immediately report the incident to your supervisor and EH&S at 683-4495
2. Contact a NOWCARE medical provider, at **424-4300**. NOWCARE will provide you with instructions as to which actions you should take next.
3. Complete forms BBP-2 and BBP-1 as instructed previously in this pamphlet.

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## HIV, Hepatitis B and Hepatitis C testing for source individual

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1. The source individual (if known) will be given the opportunity to have their blood tested for HIV, HBV and HCV. The source individual must grant permission for the testing, as he/she is not required to have the testing. The source individual should be sent for testing immediately following an exposure. The University will cover the cost of the testing.
2. Sentara Healthcare laboratory, which is located in Sentara Norfolk General Hospital, 2nd floor of the Raleigh Building (follow the signs for the lab), will conduct the testing. The lab provides services 24-hours per day, seven days per week.
3. The supervisor should notify Sentara lab at 668-1994 (8am-6pm) or 668-1968 (after 6pm) that an individual is coming in for testing.

## CONTACT INFORMATION

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### ODU BBP Program Coordinator

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Douglas Alexander  
Environmental Health & Safety Office  
5255 Hampton Blvd, Spong Hall Suite 2501  
Norfolk, VA 23529  
Office Phone: 683-4495  
Cell Phone: 403-0020  
Fax: 683-6025  
E-mail: [dalexand@odu.edu](mailto:dalexand@odu.edu)

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### NOWCARE Medical Center

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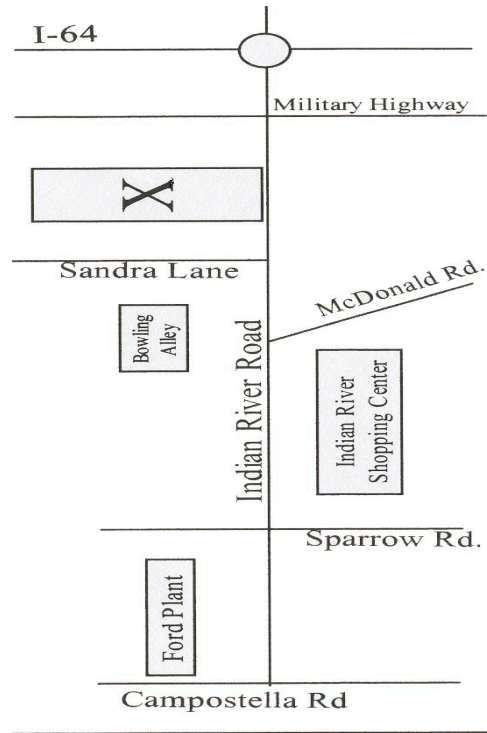
NOWCARE I  
6632 Indian River Road  
VA. Beach, VA 23464  
Phone: 424-4300

Hours of Operation:  
M-F 8:00 AM - 8:00 PM  
Sat. 9:00 AM - 3:00 PM

### NOWCARE After-Hours Medical Provider

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424-4300



# Bloodborne Pathogens

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## *Procedures for Evaluation and Follow-up of Exposure Incidents*

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Old Dominion University  
Environmental Health &  
Safety Office

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