



**BC Centre for Disease Control**  
AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

**May 15, 2009**

**ATTN:** Medical Health Officers and Branch Offices  
Public Health Nursing Administrators and Assistant Administrators  
Holders of Communicable Disease Control Manuals

**Re: Blood and Body Fluid Exposure Management Guidelines**

The March 4, 2009 revisions to the above guidelines (Admin Circ #2009:07) were not internally consistent. The March version did not specify the revised recommendations for testing times in all relevant sections of the document. Also, in the intervening time period, there have been other suggestions for revisions to the guidelines.

The March recommendations for testing of the exposed person, outlined on page 15, Table 3: "Testing of the exposed person" are now included on the following pages:

Pages 5, 21, 22, 33, 35, and 39.

The HLTH 2340 "Management of Percutaneous or Permucosal Exposure to Blood and Body Fluid: Letter for Follow-Up Physician" has also been revised to specify the revised time frames for follow-up testing. The re-printed form dated 2009/04/16, will be available shortly through Distribution Services in Victoria. They can be ordered at no cost by: fax (250) 952-4559 or phone (250) 952-4008.

In addition, please note the following revisions to the guidelines:

**Pages 1, 3, 6, 13, 17, and 20:**

- Removed references to exposures on intact skin in response to feedback received from Health Authority staff. It is thought this information would be problematic for implementation as the risk is so low.

**Administrative Circular # 2009:09**





**Page 9, Section 5.4.2 “Assess the risk of transmission from the source:”**

- The last paragraph clarifies that for HCV infection, the window period for **PCR testing** ranges from 2 weeks to 6 months.

**Page 17, “Table 4: Stratification of HIV exposures:”**

- For physicians who wish to prescribe non-publicly funded antiretrovirals (ARTs) to persons exposed to HIV as part of their personal lives (e.g., consensual adult sex, or sharing drug injection equipment) recommendation has been revised to consult with the BC Centre for Excellence in HIV/AIDS regarding types of ARTs to prescribe. This replaces the recommendation for physicians to refer to the US Public Health Services Recommendations in the MMWR (2005). Consultation with the BC Centre for Excellence in HIV/AIDS will give the treating physician the most up-to-date information for prescribing ARTs.

**Page 19, Section 9.1.2 “Post-exposure HIV testing:”**

- Added recommendation to advise the source person that confirmatory Western Blot testing will be done if they have a positive result on a point-of-care (rapid HIV test).

**Page 32, “APPENDIX A: HUMAN IMMUNODEFICIENCY VIRUS (HIV) OCCUPATIONAL EXPOSURE: FACT SHEET FOR HEALTH CARE AND EMERGENCY SERVICE PROVIDERS:”**

- Second paragraph under “**What is HIV and how can it affect me:**” deleted last sentence “Once a diagnosis of AIDS is made, life expectancy is less than three years.” This sentence referred to untreated HIV infection. With the wide-spread use of antiretrovirals, life expectancy can be much greater and is very variable.

**Please remove and destroy the following pages from the Communicable Disease Control Manual – Chapter I Management of Specific Diseases:**

Pages 1, 3, 5, 6, 9, 13, 17, 19, 20, 21, 22, 32, 33, 35, and 39      Dated March 2009

Also, please destroy old stock of the HLTH 2340 “Management of Percutaneous or Permucosal Exposure to Blood and Body Fluid: Letter for Follow-Up Physician,” (dated February 28, 2008) and replace with the April 16, 2009 version once it is available. BCCDC will advise when the revised HLTH 2340 is available for ordering.





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**Insert the following replacement pages:**

Pages 1, 3, 5, 6, 9, 13, 17, 19, 20, 21, 22, 32, 33, 35, and 39      Dated May 2009

If you have any questions or concerns, please contact Karen Pielak, Nurse Epidemiologist or Cheryl McIntyre, Associate Nurse Epidemiologist at telephone (604) 660-6061, fax (604) 660-0197 or by email at [karen.pielak@bccdc.ca](mailto:karen.pielak@bccdc.ca) or [cheryl.mcintyre@bccdc.ca](mailto:cheryl.mcintyre@bccdc.ca)

Sincerely,

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BC Centre for Disease Control

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