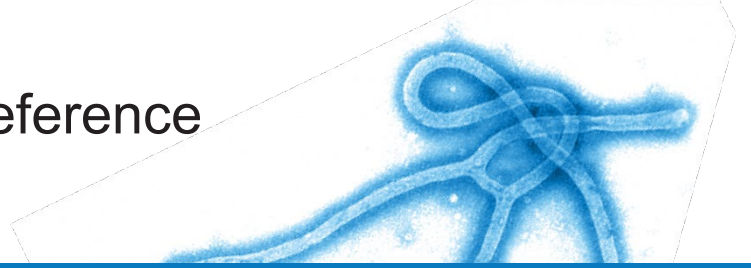


# Ebola Post-Exposure Quick Reference Document for AHS People



“ I have been potentially exposed to the Ebola virus (for example, due to a recognized or potential breach in PPE during patient care or environmental cleaning, or potential contamination while doffing PPE)

## – WHAT DO I DO NOW? ”

1. **STAY CALM.**
2. Stop immediately (or when safe to do so), alert your nearby colleagues and the assigned PPE buddy to what has just happened, and ask for assistance.
3. Move to the doffing area and **CAREFULLY** remove your personal protective equipment with the assistance of the assigned PPE buddy, strictly following established doffing procedures.
4. If the scrubs that you are wearing have also potentially been contaminated, then these should be carefully removed and deposited in the biomedical waste container. Clean scrubs will be available for you to change into.
5. After doffing PPE in the doffing location, proceed to the staff washing station for that patient's room to decontaminate the exposed area. Decontamination procedures should always be done carefully so as to avoid inadvertent exposure of the eyes, nose, or mouth to body fluids or rinse water.
  - a. The PPE buddy or another colleague, while wearing appropriate PPE to protect skin and mucous membranes, should assist you as necessary;
  - b. For percutaneous exposure (e.g. needlestick injury), wash gently but thoroughly with soap and water. Allow the wound to bleed freely but do not squeeze to promote bleeding. After cleaning, bandage/dress the wound as necessary;
  - c. If intact skin has been exposed, the careful use of an absorbent pad to remove visible soil prior to washing with soap and water is recommended. Then wash the exposed area thoroughly with soap and water. Avoid splashing water as there is a potential to expose the mucous membranes (eyes, mouth). An alcohol-based hand rub (containing at least 60% alcohol) can be applied to the exposed area after washing or in place of washing, but an alcohol-based hand rub should only be used if all visible soil has already been removed;
  - d. If skin on the face has been exposed, the careful use of an absorbent pad to remove visible soil prior to washing with soap and water is recommended. Then wash the exposed area thoroughly with soap and water, but with care taken to ensure that rinse water does not come into contact with the eyes, nose, or mouth. Alcohol-based hand rub or other disinfectants should not be used in close proximity to the eyes;
  - e. If the eyes, nose, or mouth have been exposed, then flush with copious amounts of water or eyewash solution for 10 to 15 minutes;
  - f. If the hair has been exposed, then wash thoroughly and carefully with soap and water, while ensuring that rinse water does not drip from the hair into the eyes, nose, or mouth.
6. Once you have completed the decontamination process:
  - a. Inform your supervisor/manager of the incident;
  - b. Immediately contact Workplace Health & Safety (WHS) by dialing **1-855-450-3619** (AHS & APL staff only). Do not leave your work area until you have spoken with WHS;
  - c. Environmental Services should be called to clean the wash station (this call can be made by a colleague or your supervisor/manager).
7. When you contact WHS, the nature of your exposure will be reviewed, the details of the post-exposure management process will be explained, and any questions that you have will be addressed. It is recognized that your potential exposure to the Ebola virus can understandably lead to significant concern, not only for you, but also your family and co-workers. The intent of the post-exposure response is to ensure that the exposed individual, their family, and their co-workers receive the support that they require to effectively cope with the situation and to feel safe.
  - a. WHS will collaborate with various experts and support services, including Public Health, Infectious Diseases, individual counselling, family support services, and others as necessary to meet your individual needs;
  - b. You will be closely monitored by WHS in close collaboration with Public Health. This will include daily monitoring of symptoms for 21 days following the exposure. WHS will provide you with a symptom tracking diary and WHS will contact you on a daily basis to review;
  - c. An individual who may be infected with the Ebola virus cannot transmit the virus to others prior to the onset of symptoms. There are no isolation or quarantine requirements as long as an exposed individual remains asymptomatic.
  - d. You will be informed regarding any travel restrictions during the monitoring period;
  - e. WHS will ensure that an incident investigation is conducted.