

SAFETY PREVENTION MEASURES

HARM REDUCTION

- Use sterile new needles every time
- Go slowly-rushing leads to accidents
- Assess the area, do a visual scan before entering space, ask individuals if they have sharps in bags or pockets.
- Use safety features on any needles - if you absolutely have to, use one handed technique and clam the cap on by pushing it against a wall or hard surface.
- Always use sharps container, always use puncture proof containers and keep needles out of the garbage.

P.E.P.

HARM REDUCTION

- Depending on risk assessment, HIV PEP (post-exposure prophylaxis) may be indicated, ART (antiretroviral therapy) medications are most effective if initiated within 2 hours of the exposure. ART medications are unlikely to be of benefit if started more than 72 hours post-exposure.
- If the initial or ongoing risk assessment indicates that HIV PEP should be continued, the full treatment period is 28 days.

MEDICAL

HARM REDUCTION

- Report the incident to the most appropriate persons- employer, supervisor, or physician.
- Immediately seek medical treatment at the nearest ER or treatment facility.
- There are standardized guidelines following a sharps injury that should be used for post-exposure prevention, including antiviral medications for individuals exposed to HIV and hepatitis B or C virus.

FIRST AID

HARM REDUCTION

- Immediately perform first aid after exposure (needle stick) to blood or body fluids. First aid should include:
 - Encourage the wound to bleed, ideally holding it under running water
 - Thoroughly rinsing the injury site with running water, and gently cleaning with soap and water if possible.
 - Dry the wound & cover it with a waterproof plaster or dressing
 - Do not scrub the wound while you're washing it. Do not suck on the wound.
 - Flushing the eyes, nose, or mouth with running water if they have been exposed to the fluids.

HARM REDUCTION

POST EXPOSURE ASSESMENT

If you know whose needle punctured your skin, a post exposure assessment can be done. Be respectful and know that they never meant for you to get hurt. This can be emotional. The reported rates of transition from accidental exposure are very low, despite media fear. Be kind.

HARM REDUCTION

POST EXPOSURE ASSESMENT

- If possible have someone else complete a post exposure assessment on the source of the needle.
- Interviewing and/or testing the source individual, pending informed consent. This is to provide the most appropriate care to the exposed person.
- This risk assessment may included various questions regarding history pertaining to health, medical, sexual, substances, and incarceration. Health care professionals may also ask for a voluntary blood draw from source individual.



HARM REDUCTION

HOW TO RESPOND TO A NEEDLE STICK INJURY

DON'T PANIC!

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