

DISCHARGE INSTRUCTIONS FOR PATIENTS WITH POTENTIAL B VIRUS EXPOSURE

You have had a potential exposure to B virus via a macaque monkey or their equipment. This can be a life-threatening situation. You could become very ill within a few days. This disease can be treated successfully if symptoms are identified early. Please read the following carefully:

- The macaque monkey involved will have testing completed with UAC. This sample will be sent to a special lab for analysis. Your blood sample will also be sent to a special lab for analysis. You will be notified of the results of your samples as well as those of the macaque monkey involved within a few weeks.
- Take medications as prescribed. If you have been given Valacyclovir (Valtrex), (or Acyclovir, if you are pregnant) continue taking the Valacyclovir as prescribed for 14 days or until you are told to stop by a health care provider. **Do not stop taking the drug because you feel fine.** Common temporary side effects including headache and nausea can be improved by taking the medication with food.
- Contact UA Occupational Health to schedule a follow-up appointment within 5 days at 520-621-5643 (between 8am-4pm) or OccHealth-Support@arizona.edu. Keep ALL your follow-up appointments, even if you feel fine!**
- Seek emergency medical evaluation immediately at Banner UMC (Tucson campus) ER if you experience any of the following symptoms any time after your exposure. For serious emergency, call 911. The emergency room will be contacting the Banner UMC infectious disease specialist for consultation, if indicated. If an emergency evaluation is obtained, contact OH after you are discharged. Do not delay seeking medical care by contacting Occupational Health.
 - Sores or blisters at the exposure/wound site
 - Severe pain or itching at the exposure site
 - Elevated temperature/fever
 - Generalized flu-like symptoms
 - Numbness, tingling or other nerve symptoms at or near the exposure site
 - Muscle weakness or paralysis of the exposed body part
 - Redness and/or discharge from the eye
 - Persistent hiccups
 - Dizziness and/or weakness
 - Sinusitis
 - Neck stiffness
 - Headache that lasts more than 24 hours
 - Double vision or sensitivity to light (diplopia and /or photophobia)
 - Any symptoms that you think may be related to the medication you are taking
- Contagious Precautions:**
 - **Incubation period can be anywhere from 2 days to 5 weeks.**
 - **Avoid sexual activity for the first 5-6 weeks, and then use a barrier method (condom) for up to 3 months after the exposure date.**
 - **Keep any wounds or vesicles/blisters covered with a bandage until completely healed. Avoid touching these areas and wash hands thoroughly after any contact with these areas.**
 - **Avoid pregnancy and seek safe alternatives to breast feeding.**
 - **Avoid blood, tissue, or sperm donation.**

UA Occupational Health Department can be reached (520-621-5643) for non-emergent inquiries. Please do not delay evaluation for severe symptoms by contacting Occupational Health. For non-emergent inquiries, contact Nurse Practitioner Marcy Milbrandt, APRN, FNP-BC, (520) 626-3462. Our department can also be reached at 520-621-5643. Occupational Health routine business hours are Monday through Friday 8am-4pm.