

B Virus Exposure Protocol Quick Guide for Exposed Staff Member

THIS IS A MEDICAL EMERGENCY

You may have had exposure to the B virus. The B virus is a simian strain potentially fatal to humans without immediate intervention.

Step 1- First Aid- Clean the exposed area.

The most critical period for the prevention of B virus infection is during the first few minutes after exposure, and both the adequacy and timeliness of first aid is essential. This should be completed on-site, within 5 minutes of exposure, and prior to leaving the work site to seek healthcare evaluation assuming the individual is otherwise in stable condition.

WASH THE EXPOSED AREA

Thoroughly **wash** the area by gently scrubbing using soap, povidine-iodine, detergent, or chlorhexidine, and water for **15 minutes**. Then **irrigate** the area with running water for **15-20 minutes**.

Do not use a coarse brush to scrub the exposed area. Doing so may cause more injury to the area and drive the virus more deeply into the tissue. Scrub gently using a gloved hand.

FLUSH MUCOSAL EXPOSURES

For mucosal exposures to the nose, eyes, or mouth should be flushed with sterile saline solution or water **for 15 minutes**.

Step 2- Access the Red Box

1. Break the glass window in the Red Box with the attached tool.
2. Use the key inside the box to open the door.
3. Remove the bottle which contains Valacyclovir 1000 mg tablets (There will be 21 tablets in the bottle.)
4. TAKE ONE TABLET of Valacyclovir immediately. *If pregnant, do not take medication.*
5. Obtain the instructions from the red box and bring both the instructions and the bottle of Valacyclovir with you to seek immediate medical evaluation. Notify your supervisor.

Locations of Red Boxes:

- AHSC, Room 1238
- LSN, Room 329
- BSRL, Room 22B
- CAF, Room 20

Step 3 - Seek immediate emergency medical evaluation.

Monday through Friday, from 8am to 4:30pm

- ➔ Proceed to Campus Health Services (520-621-8394) Walk-in Clinic for immediate initial evaluation. Call ahead to let them know you are coming.

After hours, evening, or weekend

- ➔ Proceed to Banner UMC (Tucson campus) ER for immediate evaluation. Take a buddy to help explain to the ER why you need to be treated immediately. Be sure to bring the B Virus exposure instructions from the Red Box with you.
- ➔ Call the UAC Veterinarian at 520-449-7751 or 520-349-7897. If unable to contact, call the posted on-call Veterinarian or Animal Care Manager.
- ➔ Contact UA Occupational Health Nurse Practitioner Marcy Milbrandt, APRN, FNP-BC, at (520) 626-3462 or Registered Nurses Sheshna Imblum, BSN, RN, at (520) 626-2792 or Kendra Salkowski, BSN, RN, at (520) 626-5577 to report your exposure after you have arrived at Campus Health or the Emergency Department.

Step 4 – Follow-up with Occupational Health.

Immediately after the initial evaluation, schedule a follow up appointment with the Occupational Health (OH) Department **within 5 days of your exposure, sooner if needed.** To set up this appointment, please call 520-621-5643. Be sure to explain that you have had a possible B Virus exposure and that you have instructions to be seen within 5 days.

Precautions After Discharge Home

After your discharge from the clinic or ER, watch for any signs or symptoms that would warrant emergency evaluation. If any of these symptoms are noticed, seek evaluation at BUMC (Tucson Campus) ER immediately:

- 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)

UA Occupational Health Department can be reached for non-emergent inquiries or any questions, however, the patient should **not delay evaluation for severe symptoms by contacting Occupational Health.** For severe symptoms, proceed directly to the ER and contact Occupational Health once you arrive at the ER.

- ➔ Nurse Practitioner Marcy Milbrandt, APRN, FNP-BC, (520) 626-3462 or Registered Nurses Sheshna Imblum, BSN, RN (520) 626-2792 or Kendra Salkowski, BSN, RN (520) 626-5577 after you have arrived at the Campus Health or the Emergency Department.

Our department can also be reached at 520-621-5643. Occupational Health routine business hours are Monday through Friday 8am-4pm.