

Herpes B-Virus Post-Exposure First Aid

WARNING: a specimen for PCR testing should not be obtained from the wound area prior to washing the site because it could force virus more deeply into the wound, reducing the effectiveness of the cleansing protocol.

First aid should begin immediately:

For mucosal exposure (eye, nose, or mouth splashes):

- Irrigate with water at the nearest eye wash station (procedure room 078) and continue rinsing for 15 to 20 minutes. Do not use any solutions in your eyes!

For all other exposures (needlesticks, bites, scratches):

- Cleanse the exposed area by thoroughly washing and gently scrubbing the area or wound with soap, concentrated solution of detergent, povidone-iodine, or chlorhexidine and water for 15 minutes.
- Irrigate the washed area with running water for 15 to 20 minutes.
- After rinsing immediately seek medical attention.
 - Go to Employee/Student Health (Outpatient 2nd floor) during normal business hours.
 - Go to the LUMC Emergency department outside of normal business hours.
 - Tell the healthcare provider that you have been exposed to a macaque monkey that may be infected with B virus.
 - Show the healthcare provider your B-virus medical alert card, Post-Exposure SOP, or this sheet if you have it.
 - A blood sample should be taken to provide a baseline antibody level.
 - A viral swab can be taken, if deemed necessary by the healthcare professional, but only after the cleansing procedure (above).
 - Any samples taken should be brought back to the CMF for shipment to the National B-Virus Laboratory.

Employee/Student Health - 708-216-3400
Emergency - 708-216-3848

For Medical Personnel:
Specialist contacts for more information:

Julia Hilliard, PhD at the National B Virus Resource Center at 404/358-8168.

J. Scott Schmid, PhD and colleagues at the Centers for Disease Control at 404/639-0066.

<https://www.cdc.gov/herpesvirus/index.html>

Adapted from the CDC guidelines
<https://www.cdc.gov/herpesvirus/firstaid-treatment.html>