The risk of contracting an infection as a result of exposure to blood or certain other body fluids varies depending on the virus involved.

In the case of exposure through contact with mucus membranes, the risk is ordinarily 10 times lower (0.03%, or a 3 in 10 000 chance).

**Source INDIVIDUAL.**

To determine the risk of infection, it is important to know whether the source individual (the person with whose blood another person comes into contact) is infected. Testing may be done only once the source individual has given free and enlightened consent.

If the individual is unable to give consent, or if consent cannot be requested without aggravating the individual’s condition (e.g., a psychiatric problem), the consent of a legally authorized person must be obtained.

If the source individual refuses to undergo testing, no undue pressure must be brought to bear in order to obtain his or her consent. It is therefore preferable for a health professional to approach the individual for consent.
In addition, certain behaviour by the source individual, such as using injection drugs and practising unsafe sex, as well as factors such as tattoos, must be taken into account.

The doctor will decide which tests and treatments are appropriate for you, on the basis of the tests undergone by the source individual and the information provided by the latter.

If the source individual is unknown or refuses to undergo testing, his or her blood may be presumed to be contaminated.

## Prevention and Screening

If the doctor feels that you are at risk because of the exposure you were subjected to, testing may be done to determine whether you were infected prior to the exposure. Other tests may subsequently be done to establish whether infection occurred at the time of the exposure. Moreover, special measures may be taken to prevent transmission of the viruses.

### Hepatitis B (HBV):

An injection of antibodies (immune globulins) or a first dose of the hepatitis B vaccine can be administered alone or in combination. These measures are recognized as being highly effective.

### Hepatitis C (HCV):

There is no effective preventive treatment for HCV.

### AIDS (HIV):

Antiretroviral drugs can be administered alone or in combination, as assessed. Such drugs have major side effects. Their effectiveness, when administered rapidly, is increasingly recognized. However, the decision to utilize such drugs, or not, is made on the basis of the doctor’s assessment of the risk involved.

If a doctor determines that you may have been infected and that, as a result, you risk transmitting the disease, you must take certain preventive measures to protect your entourage until the possibility of infection is eliminated. This can take up to six months. During that period, you must:

- refrain from giving blood or donating sperm, tissue or organs;
- avoid loaning your razor or toothbrush to others, or borrowing theirs;
- practice safe sex (for example, by using a condom);
- inform your sexual partner or partners that you may have been exposed to HIV;
- avoid becoming pregnant;
- cease breastfeeding if your doctor feels it is necessary;
- adopt basic practices (such as immediately cleaning and disinfecting any blood-stained object or surface).

### Hepatitis B

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- Hepatitis C (HCV):
- AIDS (HIV):

### Prevention for Your Entourage

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