

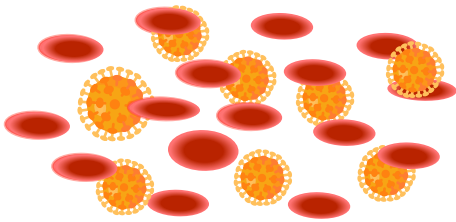
# STOP THE SPREAD!

An exposure to an infectious disease can occur when a provider's open skin (open/healing wound, lesion, rash etc.), eyes, nose, mouth, or mucous membranes are contaminated by another person's blood or bodily fluid secretions, or excretions (saliva, semen / vaginal excretions, synovial fluid, etc.) except sweat.

## Potential Routes of Exposure

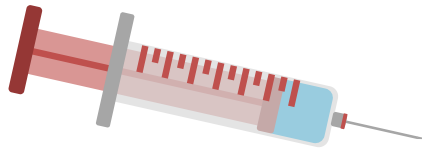
### Direct Contact

*eg. bloodborne pathogens*



### Indirect Contact

*eg. needlesticks*



### Airborne

*eg. sneezing, coughing*



## Six Ways to Prevent Exposure to Infectious Diseases

1. Know and follow your agency's Exposure / Infection Control Plan.
2. Treat all blood and bodily fluids as infectious agents.
3. Wash hands immediately after patient care and glove removal.
4. Practice with and wear appropriate personal protective equipment.
5. Clean and disinfect / sterilize reusable equipment and ambulance before use with a new patient.
6. Ensure the proper disposal of contaminated single-use items.

## What Should You Do if You Are Exposed?

- ✓ Clean the exposed area with soap and large amounts of water.
- ✓ If exposed in the mouth, rinse and spit repeatedly.
- ✓ Rinse exposed mucous membranes for two minutes and eyes for three minutes with large amounts of water or saline.
- ✓ Provide first aid as needed.
- ✓ Call your Designated Infection Control Officer (DICO).
- ✓ Always follow your agency's Exposure / Infection Control Plan.

Information was adapted from the  
Association of Professionals in Infection Control and Epidemiology's  
**Guide to Infection Prevention in Emergency Medical Services**  
& the **EMS Infectious Disease Playbook.**