

# Hepatitis B

## first aid measures



If you believe you have come into contact with Hepatitis B, please follow these steps:



### 1. Wash exposed skin with soap and water

Use an alcohol-based hand rub if no water is available.



### 2. Eye exposure

If the eyes have been exposed, thoroughly rinse them with tap water or saline (0.9% or normal saline), with eyes open.



### 3. Mouth exposure

If the mouth has been exposed, spit, then rinse the mouth with water and spit again.



### 4. Contaminated clothing

Remove any contaminated clothing immediately.



### 5. Risk assessment

Get a blood-borne virus risk assessment from a health professional immediately. If you are exposed to blood-borne viruses, you should seek medical advice from someone with experience in managing these situations.



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