

## **MODEL PROTOCOL FOR COUNSELING BLOOD, ORGAN OR TISSUE DONORS**

**APPLICABILITY:** Blood, organ or other human tissue procurement establishments shall use the MODEL PROTOCOL FOR COUNSELING BLOOD, ORGAN OR TISSUE DONORS whenever face-to-face counseling is conducted.

Pre-test counseling shall contain information which includes the confidential nature, meaning and use of the test results in the format utilized by the blood, organ or other human tissue procurement establishment.

When notification by mail is necessary as specified in ss. 381.0041(5)-(6), *F.S.*, and in Rule 64D-2.005, *F.A.C.*, blood, organ or other human tissue procurement establishments shall utilize the following information for the notification of positive HIV test results:

### **INFORMATION FOR PERSONS WITH A POSITIVE ANTIBODY TEST FOR HUMAN IMMUNODEFICIENCY VIRUS (HIV)**

#### **WHAT DOES A POSITIVE TEST MEAN?**

HIV testing is a process that uses FDA-approved tests to detect the presence of HIV, the virus that causes AIDS and to see how HIV is affecting your body. The most common type of HIV test detects antibodies produced by the body after HIV infection. Test results are highly reliable. A positive antibody HIV test means that you are infected with HIV and can also give it to others even when you feel healthy.

#### **HOW IS HIV TRANSMITTED (SPREAD)?**

HIV is transmitted (spread) by the exchange of semen or blood during sexual relations or by sharing needles or equipment used for injecting drugs. Any body fluid that contains visible blood may transmit the virus.

A woman infected with HIV can transmit it to her unborn or newborn child. The transmission may occur during pregnancy, childbirth or soon after birth through breast feeding. Due to medical advances, if a pregnant HIV-positive woman follows all her doctor's instructions and takes antiretroviral medications, the baby will be free of HIV over 98% of the time.

#### **WHAT SHOULD I DO IF MY ANTIBODY TEST IS POSITIVE?**

A positive test indicates that you have been infected with the virus and are capable of passing the virus onto others. In addition to visiting your doctor for medical evaluation:

- Do not donate blood, plasma, organs, sperm, or other body tissues.
- When having sex, always use condoms to avoid passing or receiving body fluids - particularly blood, semen, vaginal secretions, saliva, feces, or urine.
- Reduce your number of sex partners.
- Avoid sex with people who may be infected with the HIV virus or other STDs.
- Do not use illegal drugs or share needles.

## Rule 64D-2.005

- Inform any sex or needle sharing partners you have had during the past two years so they may obtain counseling for HIV. Contact your local county health department for assistance in locating or informing your partners.
- Know the signs and symptoms of HIV related illnesses.
- Any spill of blood should be washed with a freshly prepared solution of 1 part household bleach to 10 parts water which will kill the virus.
- Avoid sharing personal items, such as toothbrushes and razors, which could transmit the HIV virus to others.
- It is a felony in Florida for an HIV-infected person to have sex without first informing the potential partner(s) of his/her HIV status and getting permission for sexual contact.
- You should be aware that there is some risk associated with letting others know about your test results. It is advisable to keep this information private and inform only your physician, dentist, or dental hygienist and potential sexual partner(s).

### WHAT CHANGES SHOULD I MAKE IN MY DAILY ACTIVITIES?

You need not change your life beyond the suggestions listed above if you have a positive HIV antibody test.

The following additional points may be helpful:

- Contact with family and friends can be normal; hugging and kissing on the cheek do not spread the virus.
- Contact with people at work or in the community should be as usual. Special precautions and restrictions are not necessary.
- Eat a well balanced diet, exercise moderately and get plenty of rest.
- Wash all fruits and vegetables well and be certain all foods are stored properly and fully cooked.

### WHO CAN HELP ME OR PROVIDE ADDITIONAL INFORMATION?

- Your personal physician or
  1. Your local county health department
  2. AIDS Hotline (24 hours a day) 1-800-342-2437
    - a. 1-800-FLA-AIDS (352-2437) English
    - b. 1-800-545-SIDA (545-7432) Spanish
    - c. 1-800-AIDS-101 (243-7101) Haitian Creole
    - d. 1-888-503-7118 TDD/TTY (Hearing/Speech Impaired)
    - e. <https://211bigben.ent/florida-hivaid-hotline.html>
  3. Local hospitals
  4. Local community mental health center
  5. Local AIDS support services(s) organizations

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