

# MODEL PROTOCOL FOR COUNSELING BLOOD, ORGAN OR TISSUE DONORS

APPLICABILITY: Blood banks, organ banks or other human tissue banks 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 tissue bank.

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 banks 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?

~~Since your test is positive, it means that you have been infected with the Human Immunodeficiency Virus (HIV) and have developed an antibody (an immune substance in the blood) to the virus. The test has detected the antibody in your blood and does not mean you have AIDS or will develop AIDS. It does mean a person is infected with the AIDS virus. 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.~~

~~Scientists do not know how many people who have this antibody go on to develop AIDS. Some have developed AIDS and others have had milder forms of illness. A healthy lifestyle is the means to control the progression and course of the disease, as well as to improve the quality of life.~~

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

The HIV is transmitted (spread) by the exchange of semen or blood during sexual relations or by sharing needles or equipment used for infecting 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.

### 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.
- 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.
- When having sex, always use condoms to avoid passing or receiving body fluids - particularly blood, semen, vaginal secretions, saliva, feces, or urine.

- Avoid sex with people who may be infected with the HIV virus or other STDs have AIDS or may be infected with the HIV virus.
- Reduce your number of sex partners.
- Do not use drugs or share needles.
- ~~Do not use "poppers" (amyl and butyl nitrite inhalants).~~
- Know the signs and symptoms of HIV related illnesses.
- 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.
- Avoid sharing personal items, such as toothbrushes and razors, which could transmit the HIV virus to others.
- 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.
- 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.
- ~~A woman who is HIV infected should not become pregnant in order to avoid the possibility of infecting her infant.~~

#### 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
- Your local county health department
- AIDS Hotline (24 hours a day) ~~1-800-342-2437~~
  - 1-800-FLA-AIDS (352-2437) English
  - 1-800-545-SIDA (545-7432) Spanish
  - 1-800-AIDS-101 (243-7101) Haitian Creole
  - 1-888-503-7118 TDD/TTY (Hearing/Speech Impaired)
  - <https://211bigben.ent/florida-hivaid-hotline.html>
- Local Hospitals
- Local Community Mental Health Center
- Local AIDS Support Services(s)

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