Post-Exposure Prophylaxis (PEP) Protocol for Residents & Fellows Participating in UCLA Global Health Experiences

In case of a needle stick or other blood/body fluid exposure that may occur while traveling and working on a UCLA global health rotation, follow the instructions below. Confirm availability of on-site access to PEP*, and if unable to do so, consult with UCLA Occupational Health and bring full course of PEP.

Following possible HIV exposure, flush and wash exposed area with water and soap

Contact local supervisor and UCLA program director or faculty mentor/advisor to notify them of exposure and for advice about baseline testing and source patient testing

If decision is made to start PEP, take first dose as soon as possible and no more than 72 hours after exposure

Baseline testing for you and source individual (if available)

Upon your return, please call UCLA Occupational Health at (310) 825-6771 to arrange an appointment for follow-up testing

If you cannot reach local supervisor, UCLA faculty supervisor, or Program Director, start PEP. PEP should be initiated as soon as possible, and no later than 72 hours after exposure.

DEFINITION OF HIV EXPOSURE: The US CDC has defined exposure to blood, tissue, or other body fluids that may pose a risk for HIV infection and therefore requires consideration of post exposure prophylaxis (PEP) as:

- A percutaneous injury (needlestick or cut with a sharp object)
- Contact of mucous membrane or nonintact skin (exposed skin that is chapped or abraded)

Body fluids of concern include:

- Semen, vaginal secretions, other body fluids contaminated with visible blood.
- Potentially infections (undetermined risk for transmitting HIV) including cerebrospinal, synovial, pleural, peritoneal, pericardial, and amniotic fluids.

Fluids that are NOT considered infections unless they contain blood include: feces, nasal secretions, saliva, sputum, sweat, tears, urine, and vomitus.
*Recommended regimen: raltegravir bid (or dolutegravir daily, unless pregnant in first trimester or trying to get pregnant) + Truvada daily x 28 days