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 abroad for UCLA-related activities, follow the instructions below. Please note that Occupational Health will prescribe a 3-day course of PEP medications, or, if the trainee is unable to confirm that PEP will be available on-site, a 28-day course of PEP medications will be prescribed.

**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 the 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**

**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 (needle stick or cut with a sharp object)
- Contact of mucous membrane or non-intact 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.

If you cannot reach local supervisor, UCLA faculty mentor/advisor, or program director, start PEP. PEP should be initiated as soon as possible, and no later than 72 hours after exposure.