



MEMO

TO: UMMS Students and travelers on Global REACH facilitated trips

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RE: HIV Post-Exposure Prophylaxis for UMMS Students and Travel Facilitated by Global REACH

Current recommendations require the initiation of a post-exposure prophylaxis (PEP) regimen within two hours of an inadvertent exposure to potentially HIV-infected bodily fluids from needle sticks, scalpels, or splashes (see below). At UMHS, personnel can quickly access these regimens through UM Occupational Health Services.

Members of our UMHS community who are traveling on UMHS-related activities are each responsible for having a plan to deal with an inadvertent exposure, particularly in settings where HIV may be more endemic and access to a PEP regimen less readily available. This is most important for individuals working in clinics, hospitals, and operating rooms.

In the past, our UM Occupational Health Services was able to provide HIV PEP kits to travelers that – if unused -- could be returned at the end of travel for re-issue to other travelers. Due to changes in recommended medications and medication packaging, they will no longer be able to provide this service. All travelers will be responsible for ensuring that they are appropriately prepared to deal with the potential risk of HIV exposure while traveling. We strongly encourage all travelers to take the following precautions:

1. Determine if you will be in settings where needle-stick or other 'sharp' exposures are possible, particularly low-resource settings where state-of-the-art post-exposure prophylaxis to HIV is likely not available.
2. Schedule an appointment at the UM travel clinic well in advance of the scheduled travel by calling **734-647-5899**. They will prescribe a recommended course of treatment that can be started within two hours of exposure with a one-week supply that will give you time to access a full one-month course (see below). For example, this may include obtaining and filling a prescription for a one-week supply of Stribild.
3. In the event of a potential exposure, call the UMHS Infectious Disease (ID Clinic) at M-Line at **800-962-3555**. The ID physician will provide advice on PEP, and then contact Global REACH via email (globalreach@umich.edu), and will also email the travel clinic. If a full four-week course of PEP is required, the faculty member will write the script to be filled by the UMHS pharmacy. Global REACH will then follow up with the student to work through logistics of the recommended plan (come home vs. get medications locally vs. ship medications to the student in-country).

HIV exposure risk while abroad: A student guide

Pre-Departure

1. Before you go, consider the inherent risk of the destination:
 - Is HIV endemic in this location?
 - Are HIV PEP materials available locally?
2. Before you go, visit the UMHS travel clinic:
 - Speak with the physician about known HIV risks associated with destination.
 - If recommended, fill a prescription for a one-week supply of PEP.

What is PEP?

Post-exposure prophylaxis (PEP) can be effective in preventing an HIV infection after a possible recent exposure. It involves taking HIV medications as soon as possible after a single high-risk event in order to stop the HIV virus from replicating and spreading throughout the body.

UMMS students traveling abroad should consider the following and take necessary actions where appropriate.

In Country

NEEDLE STICK! → Initiate one week of PEP immediately, within two hours



Contact the M-Line at (800) 962-3555 and ask to speak with an Infectious Disease physician for counsel on next steps. This call can be made **during normal UMHS business hours** (i.e., no need to call immediately if the incident occurs in the middle of the night).

NOTE: The limit of responsibility for the ID clinic is to advise you on next steps (i.e., whether a one-month regimen of PEP is warranted, based on the circumstances).



Recommend an additional one-month of PEP?



YES: Continued PEP advised.

Contact the Global REACH office (globalreach@umich.edu) to work through next steps. (The default recommendation will be for you to return home for treatment and monitoring.)

If you decide to remain, you will need to determine: **Are PEP medications available locally?**



NO: PEP is not available locally.

1. Global REACH calls travel clinic to request a prescription for a one-month PEP supply.
2. Global REACH arranges to ship PEP to your location.
3. Plan to follow up with ID clinic upon your return to UM.



NO: The incident does not pose significant risk.

Plan to follow up with ID clinic upon your return to Ann Arbor, if so instructed by the on-call ID physician



YES: PEP is locally available.

1. Take as prescribed.
2. Schedule a follow-up appt. with ID clinic upon your return.

Return Home

→ Follow-up appointment with Infectious Disease clinic.

→ Follow-up appointment with Infectious Disease clinic for repeat testing & monitoring.