

nPEP

Non-Occupational Post-Exposure Prophylaxis for HIV Prevention

What is nPEP?

Non-occupational exposure is defined as to exposure to an infectious agent, like HIV, that occurs outside of the workplace. Common incidents can occur from sexual activity (consensual or coerced) or from sharing needles to inject drugs. Non-occupational post-exposure prophylaxis (nPEP) includes HIV screening and short-term treatment using antiretroviral drugs in order to reduce the risk of infection.

Who is at the highest risk?

- Consensual Sexual Encounter or Sexual Assault that involves:
 - Unprotected sex (no condom or pre-exposure prophylaxis) with vaginal penetration by a known person living with HIV (PLWH)-- who is not in treatment and viral load is not undetectable-- or someone of unknown HIV status
 - Unprotected sex (no condom or pre-exposure prophylaxis) with anal penetration by a known person living with HIV (PLWH)-- who is not in treatment and viral load is not undetectable-- or someone of unknown HIV status
- Recent sharing of needles with a known person living with HIV (PLWH)—those who are not in treatment and viral load is not undetectable-- or those with unknown HIV status

When should someone seek care for nPEP?

Immediately. You have a 72-hour window from the time of exposure to be evaluated and begin HIV prevention

Where can you go to seek an evaluation for nPEP in Washington County:

- Meritus Infectious Disease (Mon-Th)
 - Robinwood Professional Center (Purple Entrance)
 - 11110 Medical Campus Rd #150, Hagerstown, MD 21740
 - Call for Appointment: tell them you need an nPEP evaluation
 - (301) 665-4740
- Meritus Emergency Department (open 24/7 walk-in)
Provides a Fri-Sun weekend option when the Meritus Infectious Disease office is closed
 - Meritus Medical Center: 11116 Medical Campus Rd, Hagerstown, MD 21742
 - Tell them you need an nPEP evaluation
 - (301) 790-8000

You may need to check with your insurance company to see if pre-authorization from your primary care provider is required.

What should the healthcare provider do to start nPEP?

- Rapidly evaluate you for nPEP when care is sought AT OR BEFORE the 72 hours of potential exposure
- Perform a HIV test before initiating nPEP
 - If rapid testing by fingerstick is not possible, blood is drawn and sent to the lab for testing
 - Start nPEP treatment immediately –follow-up with results will be provided as soon as available
 - nPEP will be stopped if test result is confirmed positive; HIV treatment will be recommended
- STI testing and other lab testing (hepatitis screening, kidney and liver function) may be recommended
- When nPEP is offered a 28-day course of a 3-drug antiretroviral regimen should be prescribed, and given the first dose ON SITE ASAP after the exposure; a prescription should be given for the remaining 27 days along with recommendations where a pharmacy can fill.
 - This medication should be taken every day until finished
 - Side effects should be reviewed by the prescriber and the pharmacist; any difficulties taking these medications should be reported to the prescriber
- A follow-up evaluation for counseling support and monitoring is recommended; HIV prevention methods should be reviewed and PrEP for ongoing HIV prevention following completion of nPEP may be considered.

What do I do if the time of my exposure was greater than 72 hours?

Notify your primary care physician for guidance and follow-up monitoring. For additional questions or concerns, contact Washington County Health Department Case Management Services @ 240.313.3331.