

HUMAN IMMUNODEFICIENCY VIRUS (HIV) POST EXPOSURE TESTING (OCCUPATIONAL HEALTH)

To be used in conjunction with the Occupational Exposure section of the agency Infection Control Manual

I. FOR THE SOURCE

Baseline testing for antibody to HIV (anti-HIV).

II. FOR THE EXPOSED EMPLOYEE

A. Perform baseline testing for anti-HIV.

B. Perform follow-up testing at 6 weeks, 12 weeks, and 6 months post exposure. (Extend follow up testing to 12 months if the source patient was coinfectd with HIV and Hepatitis C virus (HCV) and the exposed employee becomes infected with HCV during the follow up period.)

C. Confirm all anti-HCV results reported positive by enzyme immunoassay using supplemental anti-HCV testing (e.g., recombinant immunoblot assay [RIBA] or NAT for RNA).

III. MANAGEMENT:

A. An HIV-exposed employee should be advised to use the following measures to prevent secondary transmission during the follow-up period, especially the first 6–12 weeks after the exposure when most HIV-infected persons are expected to seroconvert:

1. Exercise sexual abstinence or use condoms to prevent sexual transmission and to avoid pregnancy
2. Do not donate blood, plasma, organs, tissue, or semen during the follow up period
3. If breast feeding, they should be counseled about the risk of HIV transmission through breast milk, and discontinuation of breast feeding should be considered, especially for high-risk exposures

B. The patient-care responsibilities of an exposed person do not need to be modified based solely on an HIV exposure to prevent transmission to patients.

C. Instruct the HIV-exposed employee to report and seek medical evaluation for any symptoms they experience of acute viral illness they experience during the post exposure follow up period. Acute retroviral syndrome– occurs within two to twelve weeks in 70% of those infected and before antibody test results become positive.

1. Malaise
2. Swollen lymph glands
3. Fever, sometimes very high
4. Rash
5. Oral ulcerations

REFERENCE:

MMWR. June 29, 2001/Vol 50/No. RR-11.