

PROPHYLAXIS AFTER NON OCCUPATIONAL EXPOSURE (NONOPEP<sup>2</sup>)  
PART 1: SEXUAL EXPOSURE

As sufficient data on the efficacy of prophylaxis after non occupational (sexual) exposure (NONOPEP<sup>2</sup>) to HIV are lacking, systematic prophylaxis under these circumstances is not recommended. Decisions whether or not to start prophylaxis should be taken on a case by case basis, taking into account the kind of individual risk the patient has taken, the frequency of his/her individual exposure, as well as the impact antiretroviral prophylaxis may have on primary prevention and the risk for development of resistance to antiretroviral drugs (public health issue).

NONOPEP<sup>2</sup> REGIMEN FOR EXPOSED PERSONS.

- [2 NRTIs<sup>1</sup> or (1 NRTI<sup>1</sup> + NtRTI<sup>1</sup>)] + [lopinavir (400 mg q12h po) + ritonavir (100 mg q12h po)].
- Do not use abacavir or nevirapine in this setting (risk of hypersensitivity reaction). If inclusion of efavirenz in prophylactic regimen warranted, exclude pregnancy in exposed person.
- Prophylaxis should be initiated as soon as possible after exposure (not later than 72 hours after exposure) and last for 28 days.
- Whenever possible, prophylactic regimen should be adapted to source person HIV genotype and resistance profile.

NONOPEP<sup>2</sup> RECOMMENDATIONS FOR EXPOSED PERSONS.

CHARACTERISTICS OF SOURCE AND EXPOSED PERSON	EXPOSED PERSON: TYPE OF INTERCOURSE						
	ANAL RECEPTIVE <sup>5</sup>	VAGINAL RECEPTIVE <sup>6</sup>	ANAL OR VAGINAL INSERTIVE <sup>5</sup>	ORAL RECEPTIVE WITH EJACULATION	ORAL RECEPTIVE WITHOUT EJACULATION	ORAL INSERTIVE <sup>7</sup>	CUNNILINGUS <sup>7</sup>
Consensual sex with untreated HIV positive source person.	Recommend.	Recommend.	Recommend.	Recommend.	Consider.	Discourage.	Discourage.
Consensual sex with treated HIV positive source person with detectable viral load.	Recommend.	Recommend.	Recommend.	Recommend.	Consider.	Discourage.	Discourage.
Consensual sex with HIV positive source person. - Source person treated with undetectable viral load. - Additional risk factor in source and/or exposed person.	Recommend.	Recommend.	Recommend.	Recommend.	Consider.	Discourage.	Discourage.
Consensual sex with HIV positive source person. - Source person treated with undetectable viral load. - No additional risk factor neither in source nor in exposed person.	Consider.	Consider.	Consider.	Consider.	Discourage.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from high risk/prevalence group <sup>3</sup> or high risk area <sup>4</sup> . - Additional risk factor <sup>2</sup> in exposed and/or source person.	Recommend.	Recommend.	Recommend.	Recommend.	Consider.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from high risk/prevalence group <sup>3</sup> or high risk area <sup>4</sup> . - Unknown additional risk factor in source and/or exposed person.	Recommend.	Recommend.	Recommend.	Recommend.	Consider.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from high risk/prevalence group <sup>3</sup> or high risk area <sup>4</sup> . - No additional risk factor <sup>2</sup> neither in source nor in exposed person.	Recommend.	Consider.	Consider.	Consider.	Discourage.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from low risk/prevalence group <sup>3</sup> or low risk area <sup>4</sup> . - Additional risk factor <sup>2</sup> in source and/or exposed person.	Consider.	Consider.	Consider.	Consider.	Discourage.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from low risk/prevalence group <sup>3</sup> or low risk area <sup>4</sup> . - Unknown additional risk factor <sup>2</sup> in source and/or exposed person.	Consider.	Consider.	Consider.	Consider.	Discourage.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from low risk/prevalence group <sup>3</sup> or low risk area <sup>4</sup> . - No additional risk factor <sup>2</sup> neither in source nor in exposed person.	Consider.	Discourage.	Discourage.	Discourage.	Discourage.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from unknown risk/prevalence group <sup>3</sup> or unknown risk area <sup>4</sup> . - Additional risk factor <sup>2</sup> in source and/or exposed person.	Consider.	Consider.	Consider.	Consider.	Discourage.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from unknown risk/prevalence group <sup>3</sup> or unknown risk area <sup>4</sup> . - Unknown additional risk factor <sup>2</sup> in source and/or exposed person.	Consider.	Consider.	Consider.	Consider.	Discourage.	Discourage.	Discourage.
Consensual sex with unknown source person. - Source person from unknown risk/prevalence group <sup>3</sup> or unknown risk area <sup>4</sup> . - No additional risk factor <sup>2</sup> neither in source nor in exposed person.	Consider.	Consider.	Consider.	Consider.	Discourage.	Discourage.	Discourage.
Rape (except if condom used or rapist with proven recent negative HIV status)	Recommend.	Recommend.	Recommend.	Recommend.	Consider.	Discourage.	Discourage.

1. NRTI = nucleoside reverse transcriptase inhibitor = abacavir, didanosine, emtricitabine, lamivudine, stavudine, zidovudine.  
NtRTI = nucleotide reverse transcriptase inhibitor = tenofovir.  
2. NONOPEP = non occupational postexposure prophylaxis.  
3. High risk/prevalence groups include men who have sex with men (MSM), bisexual men, injection drug users, male and female prostitutes, people participating in group sex or having multiple sexual partners, (ex-)prisoners.  
4. High risk area: > 2% of the total population is HIV infected (see <http://www.unaids.org/en/KnowledgeCentre/HIVData/Epidemiology/latestEpiData.asp>).  
5. Additional risk factors include presence of genital ulcers or STIs, bleeding during intercourse.  
6. Unprotected sex, broken or slippery condom, misuse of condom.  
7. If contact with potentially infectious body fluids (blood, genital secretions, ...), consider as mucosal exposition to body fluids (see part 3).

POSTEXPOSURE PROPHYLAXIS AFTER NON OCCUPATIONAL EXPOSURE (NONOPEP<sup>2</sup>)  
PART 2: NEEDLESTICK EXPOSURE

As sufficient data on the efficacy of prophylaxis after non occupational exposure (NONOPEP<sup>2</sup>) to HIV are lacking, systematic prophylaxis under these circumstances is not recommended. Decisions whether or not to start prophylaxis should be taken on a case by case basis, taking into account the kind of individual risk, the frequency of the individual exposure, as well as the impact antiretroviral prophylaxis may have on primary prevention and the risk for development of resistance to antiretroviral drugs (public health issue).

NONOPEP<sup>2</sup> REGIMEN FOR EXPOSED PERSONS.

- [2 NRTIs<sup>1</sup> or (1 NRTI<sup>1</sup> + NtRTI<sup>1</sup>)] + [lopinavir (400 mg q12h po) + ritonavir (100 mg q12h po)].
- Do not use abacavir or nevirapine in this setting (risk of hypersensitivity reaction). If inclusion of efavirenz in prophylactic regimen warranted, exclude pregnancy in exposed person.
- Prophylaxis should be initiated as soon as possible after exposure (not later than 72 hours after exposure) and last for 28 days.
- Whenever possible, prophylactic regimen should be adapted to source person HIV genotype and resistance profile.

NONOPEP<sup>2</sup> RECOMMENDATIONS FOR EXPOSED PERSONS.

CHARACTERISTICS OF SOURCE PERSON	EXPOSURE AMONGST DRUG USERS		OTHER TYPES OF EXPOSURE	
	NEEDLESTICK SHARING	SHARING OF OTHER MATERIALS <sup>3</sup>	ACCIDENTAL EXPOSURE TO ABANDONED NEEDLESTICK <sup>4</sup>	AGGRESSION WITH A NEEDLESTICK
HIV positive source person.	Recommend.	Recommend.	Consider if additional risk factors <sup>5</sup> .	Consider if additional risk factors <sup>5</sup> .
HIV status of source person unknown.				

1. NRTI = nucleoside reverse transcriptase inhibitor = abacavir, didanosine, emtricitabine, lamivudine, stavudine, zidovudine.  
NtRTI = nucleotide reverse transcriptase inhibitor = tenofovir.  
2. NONOPEP = non occupational postexposure prophylaxis.  
3. Syringe, spoon, cotton filter, ....  
4. Garden, park, beach, ...  
5. Additional risk factors include presence of visible blood in syringe, deep injury.

POSTEXPOSURE PROPHYLAXIS AFTER NON OCCUPATIONAL EXPOSURE (NONOPEP<sup>2</sup>)  
PART 3: OTHER TYPES OF EXPOSURE

As sufficient data on the efficacy of prophylaxis after non occupational exposure (NONOPEP<sup>2</sup>) to HIV are lacking, systematic prophylaxis under these circumstances is not recommended. Decision whether or not to start prophylaxis should be taken on a case by case basis, taking into account the kind of individual risk, the frequency of the individual exposure, as well as the impact antiretroviral prophylaxis may have on primary prevention and the risk for development of resistance to antiretroviral drugs (public health issue).

NONOPEP<sup>2</sup> REGIMEN FOR EXPOSED PERSONS.

- [2 NRTIs<sup>1</sup> or (1 NRTI<sup>1</sup> + NtRTI<sup>1</sup>)] + [lopinavir (400 mg q12h po) + ritonavir (100 mg q12h po)].
- Do not use abacavir or nevirapine in this setting (risk of hypersensitivity reaction). If inclusion of efavirenz in prophylactic regimen warranted, exclude pregnancy in exposed person.
- Prophylaxis should be initiated as soon as possible after exposure (not later than 72 hours after exposure) and last for 28 days.
- Whenever possible, prophylactic regimen should be adapted to source person HIV genotype and resistance profile.

NONOPEP<sup>2</sup> RECOMMENDATIONS FOR EXPOSED PERSONS.

CHARACTERISTICS OF SOURCE PERSON	BITE	EXPOSURE TO INFECTED BODY FLUIDS	
		NON INTACT SKIN EXPOSURE	MUCOSAL EXPOSURE
HIV positive source person.	Consider only if blood in mouth of assaulter.	Consider.	Consider.
HIV status of source person unknown, but from high risk/prevalence group <sup>3</sup> or high risk area <sup>4</sup> .		Consider.	Consider.
HIV status of source person unknown, but from low risk/prevalence group <sup>3</sup> + low risk area <sup>4</sup> .	Discourage.	Discourage.	Discourage.

1. NRTI = nucleoside reverse transcriptase inhibitor = abacavir, didanosine, emtricitabine, lamivudine, stavudine, zidovudine.  
NtRTI = nucleotide reverse transcriptase inhibitor = tenofovir.  
2. NONOPEP = non occupational postexposure prophylaxis.  
3. High risk/prevalence groups include men who have sex with men (MSM), bisexual men, injection drug users, male and female prostitutes, people participating in group sex or having multiple sexual partners, (ex-)prisoners.  
4. High risk area: > 2% of the total population is HIV infected (see <http://www.unaids.org/en/KnowledgeCentre/HIVData/Epidemiology/latestEpiData.asp>).