



Adults, Pregnant Women, and Children - Malawi

Country:

- [Malawi](#)

Year Issued:

2014

Population:

Adults, Pregnant Women, and Children

In Accordance with WHO 2014 PEP Recommendations?:

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Criteria for Starting PEP:

Continue a 30- day course of ARV prophylaxis (PEP) if exposure is classified as "risk" and exposed person is HIV negative.

Eligibility: any exposure classified as risk in the last 72 hours.

Risk:

Substance:

- Blood
- Semen
- Vaginal fluid
- Cerebro
- Spinal fluid
- Pleural fluid
- Amniotic fluid
- Synovial fluid
- Ascites fluid

Evaluation of Risk:

Type of contact:

- Skin penetrated with contaminated needle (hollow or non-hollow)
- Large amount of substance on mucous membrane
- Sexual intercourse no condom
- Risk substance on lacerated skin/ open wound

Source person:

- Regardless of known/unknown HIV status

Recommended Prophylaxis:

Remove infectious substance.

- Wash exposed wounds and skin sites thoroughly with soap.
- Flush mucous membranes with water.
- Do not use bleach, antiseptics or other caustic substances.

Standard <35kg: AZT/3TC

Standard \geq 35kg: TDF/3TC

Alternative < 35kg: d4T/3TC

Alternative \geq 35kg: AZT/3TC

New HIV test is mandatory to confirm negative HIV status, But: don't delay starting PEP if HTC is not immediately available (no test kits, night, etc.) Do HTC as soon as possible.

Note:

- *PEP is safe in pregnancy and breastfeeding.*
- *Severe anaemia (<8g/dl) is contraindication for AZT/3TC.*
- *Severe renal failure is contraindication TDF/3TC.*

Additional prevention measures after rape/sexual exposure:

- Give emergency contraception (EC) within 72 hours if needed.
- Repeat dose if vomiting occurs within 1 hour of taking EC.
- Explain that next menstrual period should occur before or around the expected time.
- Consider giving presumptive treatment for STIs.

Follow-up Screening Recommendations:

At 30 days (after completing ARV prophylaxis):

- Assess adherence
- Give 60 condoms

At 3 months and 6 months:

- Repeat HTC