Postexposure prophylaxis (PEP), medicine you take before you get sick, is recommended for healthcare personnel potentially exposed to HIV.

PEP should be initiated as soon as possible, within hours of exposure.

1. Get evaluated
   - Follow your facility’s procedure for reporting your exposure.
   - Consult an expert for any occupational exposure to HIV.
   - Don’t delay the start of HIV PEP while waiting for an expert consultation.

2. Complete a full course of PEP
   - Using 3 or more PEP drugs at one time.
   - Finish the entire 4-week course.
   - The newer recommended HIV PEP drugs are safer and have fewer side effects, making it easier to complete the entire PEP course.
   - Return for evaluation to seek another treatment option if you cannot tolerate PEP.

3. Follow-up
   - Follow-up appointments should begin within 72 hours of an HIV exposure.
   - Follow-up should include counseling, baseline and follow-up post-PEP HIV testing, and monitoring for drug toxicity.

Follow-up HIV testing can be completed earlier than 6 months.

- If a newer fourth-generation combination HIV p24 antigen-HIV antibody test is used for follow-up testing, testing may be concluded at 4 months after exposure.
- If a newer testing platform is not available, follow-up testing is typically concluded at 6 months after exposure.