What do I do when I come home?

- If you have not broken the seal on your kit, return it to OHS and obtain a receipt.
- Bring the receipt to Global REACH, and your deposit will be returned to you.

“Do I need to bring HIV prophylaxis with me when I go overseas?”

A Guide for UMMS Medical Students

Do I need to bring HIV prophylaxis with me when I go overseas?

If you have not broken the seal on your kit, return it to OHS and obtain a receipt.

Bring the receipt to Global REACH, and your deposit will be returned to you.
**Are you traveling to a country with a high prevalence of HIV?**

If you are not sure, go to [http://data.worldbank.org/indicator/SH.DYN.AIDS.ZS](http://data.worldbank.org/indicator/SH.DYN.AIDS.ZS) for country-specific rates.

- Will your activities include close contact with patients or exposure to body fluids?
- Might it be difficult for you to locate HIV medications within 2 hours of an accidental exposure?

**“How do I get an HIV Prophylaxis Kit?”**

- First, call Occupational Health Services at 734-764-8021 to make an appointment for student travel abroad with clinic nurse Cherie Holodnick. OHS is open M-F; 7:00-4:30.
- Second, come to Global REACH and drop off a $20 deposit. We will give you a receipt and directions to OHS.
- Third, present your receipt to OHS at the time of your scheduled visit.

**“What is inside an HIV Prophylaxis Kit?”**

- Each kit contains a five-day recommended course of treatment.
- This is NOT a full course of treatment. This is enough for you to get home or to find more medication to complete the full four-week course.

**“When would I use it?”**

- Any exposure to potentially infected body fluids – including a needle stick, a nick from a scalpel, a splash, or the like – should be considered a potential exposure.
- Begin taking your medication within TWO HOURS of the exposure, as per the directions included in the kit.
- Then make plans to obtain more medication or return home.

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**If yes:**

We highly recommend that you travel with an HIV Prophylaxis Kit, available through Occupational Health Services.