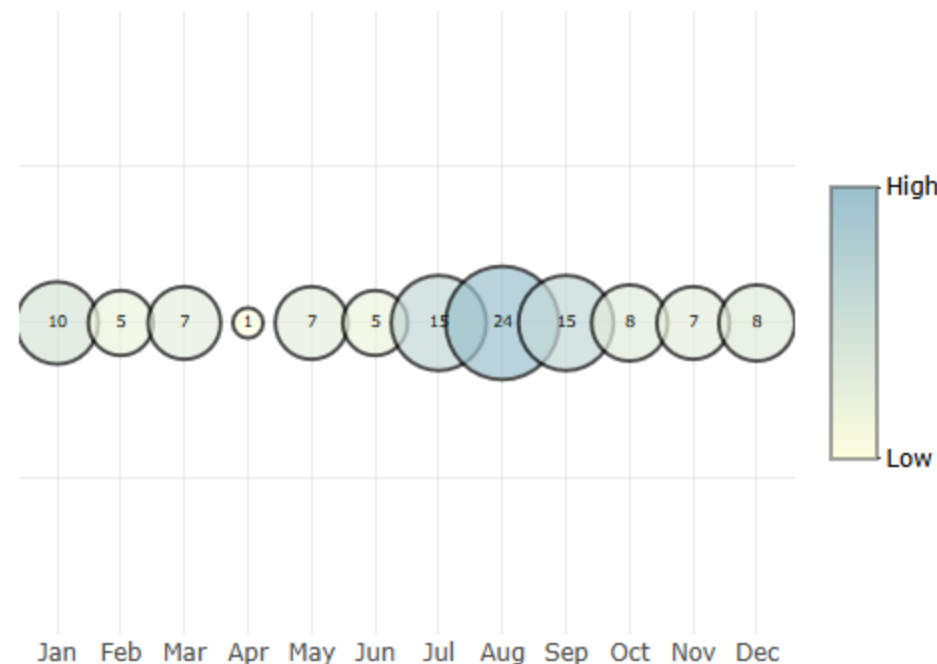


Rabies post exposure prophylaxis (Rabies PEP)

Seasonality

- ❑ Rabies exposure is highest in the spring and summer due to increased outdoor activities and warmer weather.

Total Cases Reported Per Month in SWDH(2017–2024)



Purpose and Importance

Rabies post-exposure prophylaxis (PEP) is a critical intervention to prevent the onset of rabies after suspected exposure to the virus. Rabies is a nearly 100% fatal disease once symptoms appear, making timely PEP administration essential for survival.

Indications for Rabies PEP

PEP is recommended for individuals who have had potential exposure to rabies through:

- ❑ Bites, scratches, or open wound contamination from a rabid or suspected rabid animal
- ❑ Mucosal exposure (e.g., saliva contact with eyes, nose, or mouth)
- ❑ Handling bats or direct contact with bat saliva, even without a recognized bite
- ❑ Decisions regarding PEP should be based on risk assessment, considering the type of exposure, the animal species involved, and rabies prevalence in the region.

Components of Rabies PEP

PEP consists of two main components:

1. Wound Care

- Immediate and thorough washing of the wound with soap and water for at least 15 minutes
- Application of antiseptics such as povidone-iodine to reduce viral load

2. Rabies Vaccination and Rabies Immune Globulin (RIG)

- ❑ **Rabies Vaccine:** A series of intramuscular (IM) injections given in the deltoid muscle (or anterolateral thigh for young children)
 - Standard regimen: 4-dose schedule on days 0, 3, 7, and 14 (5-dose schedule for immunocompromised individuals, with an additional dose on day 28)
- ❑ **Rabies Immune Globulin (RIG):** Administered on day 0 for previously unvaccinated individuals
 - Infiltrated around the wound site as much as possible, with any remaining volume injected intramuscularly at a site distant from the vaccine
 - Not required for individuals who have completed pre-exposure vaccination

Considerations for Special Populations

- ❑ Immunocompromised individuals require a 5-dose vaccine regimen
- ❑ Pregnant and breastfeeding individuals can safely receive PEP
- ❑ Individuals with prior rabies vaccination (pre-exposure prophylaxis) require only booster doses on days 0 and 3, without RIG

Timeframe for PEP Administration

- ❑ PEP should be initiated as soon as possible after exposure. However, it remains effective even if started days or weeks after exposure, provided symptoms have not yet developed.

Prevention and Public Health Measures

- ❑ Avoid contact with unfamiliar or wild animals
- ❑ Vaccinate pets and livestock against rabies
- ❑ Seek immediate medical attention for any animal bite