

Prevention of Rabies in Humans:

Prevention, Assessment & Treatment Resources in this Manual

People who have been bitten or scratched by a domestic or wild mammal, or otherwise had contact with the saliva or the brain/nervous tissue from any domestic, feral or stray or wild mammal (including bats), may have been exposed to rabies. Rabies is a serious disease that is almost 100 percent fatal if not promptly treated by a doctor before symptoms appear. The best way to avoid rabies disease is to prevent exposure in the first place (See *Appendix: How to Prevent Exposure to Rabies*

http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/public_info_rabies_prevent.pdf).

In the event of a rabies exposure, prompt action is essential.

Remember these 5 steps:

1. **WASH:** Immediately wash the person's wounds or areas exposed to saliva or tissue with soap and running water for 15 minutes.
2. **CAPTURE:** Contact your local animal control agency to capture the animal immediately, if possible, for subsequent observation or testing for rabies.
3. **ASSESS:** The local health department (LHD) and/or healthcare provider must perform a rabies risk assessment for any humans exposed (*see below*).
4. **REPORT:** Bites or other exposures must be reported to the local health director immediately by the person bitten (or parent) and/or the owner of the animal. Healthcare providers must report to the health director within 24 hours after attending to a patient.
5. **TREAT:** Healthcare providers must treat wounds and determine if Rabies Post-exposure Prophylaxis (PEP) (http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/steps_for_HCP.pdf) is needed; **if so, PEP should begin without delay.**

RESOURCES

This Manual offers healthcare providers and local health departments the following resources for prevention, assessing exposures, risk levels, and the need for prophylaxis or other measures:

Prevention Steps:

- Preventing Exposure to Rabies: Getting the Message Out (http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/prevention_edu.pdf)
- Rabies Pre-Exposure Prophylaxis (<http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/preEP.pdf>)
- Serological Testing and Monitoring Rabies Titers (for Pre-exposure Prophylaxis) (<http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/titers.pdf>)
- Bats in Buildings: Investigation Steps (http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/bats_in_bldgs.pdf)
- Prevention of Bat Exposure at Summer Camps, NC DHHS memo to local health directors (http://epi.publichealth.nc.gov/cd/rabies/docs/Bat_Memo_Camp_Directors.pdf)

- Inspection Criteria to Ensure Summer Camp Buildings are Bat-Proof
(http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/batproof_bldgs.pdf)

When people have been, or are likely to have been, exposed to the rabies virus:

Assessment and Treatment:

- Rabies Risk Assessment and Treatment Steps for Healthcare Providers
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/steps_for_HCP.pdf
- Bat Exposure Assessments
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/bat_exp_assess.pdf
- Algorithms:
 - Dog, Cat and Ferret Bites – Evaluating Human Rabies Risk
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/algorithm_human_domestic.pdf
 - Bat and Wild Animal Bites/Exposures – Evaluating Human Rabies Risk
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/algorithm_human_wild.pdf
- Developing a Rabies Post-Exposure Prophylaxis (PEP) Clinic for Mass Exposures
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/mass_human_PEP.pdf
- Rabies Post-Exposure Prophylaxis Treatment Sheet for LHDs and Healthcare Providers
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/ncdhhs_human_PEP_sheet.pdf
- Request for Free State-Supplied Rabies Vaccine (NC DHHS form)
(<http://epi.publichealth.nc.gov/cd/rabies/docs/AffidavitFreePEP.pdf>)
- LHD Standing Order: Rabies Post-exposure Prophylaxis, N.C. Communicable Disease Manual (http://epi.publichealth.nc.gov/cd/lhds/manuals/cd/appendices/Rabies_SO.pdf)

Information for the Public:

- How to Prevent Exposure to Rabies (Appendix)
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/public_info_rabies_prevent.pdf
- Exposure to Rabies: What to Do, and What is Rabies PEP? (Appendix)
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/public_info_rabies_exp.pdf
- Rabies PEP Record and Information for Patients (Appendix)
http://epi.publichealth.nc.gov/cd/lhds/manuals/rabies/docs/public_info_rabies_PEP_record.pdf
- Vaccine Information Sheet: Rabies Vaccine – What You Need to Know (CDC)
(www.cdc.gov/vaccines/pubs/vis/default.htm#rabies)