Attachment 4: Management of Herpes Zoster (Shingles)

The following guidelines apply to inpatient and outpatient patient care areas.

1. Patients with localized herpes zoster (< 3 dermatomes) require Contact Precautions.
   a. Cover lesions with a sterile dressing and clothing if possible.
   b. Persons not immune to chicken pox (immunity is provided by varicella vaccine or natural disease) should not enter the patient’s room. If they must provide care to a patient with zoster, they must wear an N-95 respirator, gown, and gloves.

2. In addition to Contact Precautions, use Airborne Precautions for the following conditions.
   a. Disseminated zoster (>3 dermatomes)
   b. All patients in the BMTU
   c. Zoster in an immunocompromised patient. Immunocompromised is defined as:
      - Congenital immunodeficiency
      - Receipt of chemotherapy [considered immunosuppressed for 3 months following receipt]
      - Receipt of whole body irradiation [considered immunosuppressed for 3 months following receipt]
      - Solid organ transplant (liver, heart, lung, kidney, intestines)
      - Stem cell transplantation
      - Leukemia, lymphoma, or other malignant neoplasms affecting bone marrow or lymphatic system
      - HIV infection
      - Persons with clinical or laboratory evidence of unspecified cellular immunodeficiency (MD diagnosed immunodeficiency disease)
      - Treatment with methotrexate (>0.4 mg/kg/week), azathioprine (>3.0 mg/kg/day), or 6-mercaptopurine (>1.5 mg/kg/day) {used for treatment of rheumatoid arthritis, psoriasis, polymyositis, sarcoidosis, inflammatory bowel disease, and other conditions}. [considered immunosuppressed for 3 months]
      - Receipt of systemic steroids (IV or PO) who are receiving >2 mg/kg or >20 mg/day of prednisone or its equivalent. [considered immunosuppressed for 3 months]
      - Persons receiving recombinant human immune mediators and immune modulators, especially the antitumor necrosis factor agents: adalimumab, infliximab, and etanercept. [considered immunosuppressed for 6 months following receipt]
      - Neutropenia (WBC <1,000)
      - Burn Patients