

### 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 ( $\geq 3$  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  $\geq 2$  mg/kg or  $\geq 20$  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