

What is PrEP?

It is short for pre-exposure prophylaxis. PrEP is an HIV prevention strategy in which HIV-negative people take an oral pill once a day *before* coming into contact with HIV to reduce their risk of HIV infection.

The medication that was shown to be safe and to help block HIV infection is called **Truvada**. **Truvada** is a combination of 2 drugs (tenofovir and emtricitabine). These medicines work by blocking important pathways that the HIV virus uses to set up an infection. If you take **Truvada** as PrEP daily, the presence of the medication in your bloodstream can often stop the HIV virus from establishing itself and spreading in your body. If you do not take the Truvada pills every day, there may not be enough medicine in your blood stream to block the virus.



What is PEP?


It is short for post-exposure prophylaxis. PEP is an HIV prevention strategy in which HIV-negative people take anti-HIV medications *after* coming into contact with HIV to reduce their risk of HIV infection. PEP must be started within 72 hours after HIV exposure.

Basic Treatment Regimen for PEP:

- Zidovudine 200mg three times a day + Lamivudine 150mg twice a day for 4 weeks

In cases of high risk exposure a 3rd medication can be added to this regimen for expanded HIV post exposure prophylaxis:

- Indinavir 800mg every 8 hours on an empty stomach for 4 weeks



What do I need to know?


PREP

PrEP must be taken every day in order to be effective.


People who may use PrEP include HIV negative people in a monogamous relationship with HIV positive people, non-monogamous people in a high risk population, and IV drug users

92%

When taken daily, it reduces the risk of contracting HIV by 92% for those who are exposed regularly.




It is safe to take, but people using it may experience side effects like an upset stomach, loss of appetite, or headache.




Many insurances will pay for PrEP, but you should check with yours before beginning it, or find an assistance program near you.

You must begin taking PEP within 72 hours after exposure for it to be effective.


PEP consists of 3 anti-HIV medications that must be taken daily for 28 days after exposure.



PEP can make you feel quite sick while taking it, occasionally making it difficult to finish the course, but it must be finished to be effective.




PEP is not 100% effective, so you should not plan to use it in place of condoms or other barrier methods.



Not all insurance companies will pay for PEP, so ask your healthcare provider for help finding a financial assistance program.

PEP

What do I need to know?



PEP Post-Exposure Prophylaxis

PEP treatment can be accessed through your doctor, emergency room, urgent care clinic, or HIV clinic.

Start PEP treatment within 72 hrs of being exposed.

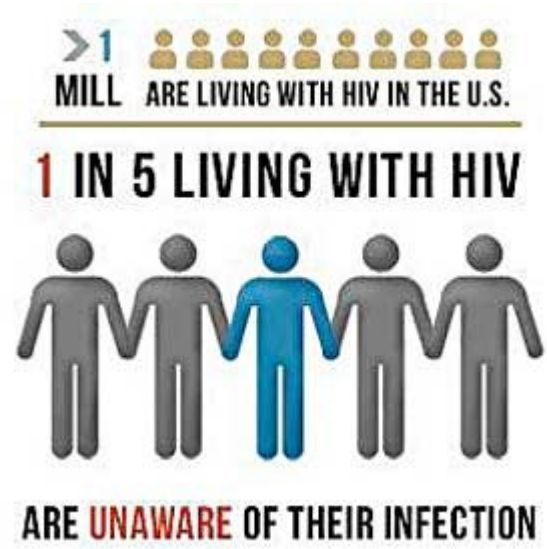
Follow prescribed treatment for 28-days.

Check back with your doctor after treatment and get tested regularly.



Whose at Risk of HIV:

1. Men who have sex with men
2. High number of sex partners
3. History of inconsistent or no condom use
4. Commercial sex workers
5. Sexual partner with HIV
6. Recent Bacterial STD
7. Lives in high-prevalence area
8. Injection drug users
9. Sharing injection equipment
10. Health care workers



Keep in Mind....

- ◆ Only people who are HIV negative should use PrEP or PEP.
- ◆ You must be tested for HIV and have a documented negative test result before starting PrEP.
- ◆ You will need to talk with your provider to see if PrEP or PEP is right for you.
- ◆ PrEP is more than just taking a pill every day; it also involves frequent medical visits and lab tests to check for HIV, other Sexually Transmitted Infections (STIs), and any changes in kidney health.
- ◆ Neither PrEP nor PEP protects against other STIs or pregnancy, and they are not cures for HIV.
- ◆ PEP is taken for 28 days.
- ◆ PrEP does not have to be taken forever and can be stopped at any time under the supervision of your medical provider. When stopping PrEP, individuals should continue using it for four weeks after the last significant exposure.
- ◆ If you've used PEP in the last year, it might be a good idea to talk to your medical provider about PrEP.

GET TESTED TODAY!

