



PrEP

the new way to prevent HIV



What Is PrEP?

PrEP stands for Pre-Exposure prophylaxis. Pre-means before, Exposure-means activity that can lead to HIV infection
Prophylaxis-is medicine that can prevent you from HIV infection.

PrEP is an HIV prevention medicine taken to reduce the chances of infection among HIV negative people.

- It has been proven to reduce the risk of HIV infection by 90% among people with high risk of HIV.
- If taken daily, presence of the medicine in the blood has been shown by research to block HIV from taking hold and spreading in the body.
- If PrEP is not taken as prescribed every day, there may not be enough medicine in your blood to block the virus.

Who Should Take PrEP?

- HIV negative People who have multiple sexual partners of unknown statuses.
- HIV negative people who have had a history of STI's in the last six months
- HIV negative people in an ongoing sexual relationship with an HIV positive partner
- HIV negative people who unable to consistently use condoms with partners of unknown HIV statuses
- HIV negative people who have sex while on alcohol or recreational drugs.
- People in transactional Sex.

Why should I take PrEP?

PrEP is an additional option that reduces your chances of getting HIV infection, if taken consistently and combined with other commonly known prevention methods such as condoms.

How Does PrEP Work?

PrEP users take one pill every day for a period prescribed by a qualified doctor for maximum effect and results, however PrEP starts working after taking it for 3 days.

How Long Should I Take PrEP?

You can take PrEP as long as you feel at risk for HIV Infection. Talk to a health worker if you decide PrEP is no longer right for you.

Difference Between PrEP, PEP AND ART.

- PrEP is a pill that is taken daily to prevent HIV for HIV-negative people. If taken daily, presence of the medicine in the blood has been shown by research to block HIV from taking hold and spreading in the body. If PrEP is not taken as prescribed every day, there may not be enough medicine in your blood to block the virus.
- PEP (Post Exposure Prophylaxis) is taken as soon as possible within 72 hrs after exposure to HIV for 28 days to prevent HIV infection.
- ARV is medicine for HIV positive people to reduce HIV in a person's body and this must be taken for life.

Is PrEP Safe?

PrEP has been found to be safe and effective but like any other medicine one might occasionally experience side effects which will reduce with time.

Where Can I Get PrEP?

PrEP services are available in almost all ART accredited facilities

Can I use PrEP and contraceptives together?

Yes, PrEP can be taken with any kind of contraception.

Can I take PrEP if I use drugs or alcohol?

Yes, PrEP is safe with alcohol and drugs.

What should I do if I forget a dose?

If you missed a pill, take it as soon as you remember and continue to take daily as before.

But if it's almost time for the next tablet, skip the missed dose and just take your next tablet at the regular time.

Do not take 2 tablets at the same time to make up for a missed dose.

Storage

Store in a cool dry place away from children.

For more information about PrEP contact talk to a health worker at a facility near you