

PrEP 101

What if there was a pill that could prevent HIV?
There is.

PrEP

What is Pre-Exposure Prophylaxis (PrEP)?

Let's break it down:

Pre = Before | **Exposure** = Coming into contact with HIV | **Prophylaxis** = preventing an infection from occurring

PrEP is a way to prevent HIV infection by taking **one pill once a day**. Research has shown that PrEP can be up to **99% effective** at preventing HIV infection when taken every day.

PrEP can be used by heterosexual, bisexual, gay and transgender individuals, and also by persons who inject drugs and pregnant women

PrEP is not a cure for HIV and it cannot protect you from pregnancy or other sexually transmitted infections (STIs), like gonorrhea or chlamydia



Is taking PrEP difficult?

No! You will have some things to remember while using PrEP, including:

- ❖ Taking one pill once a day, around the same time every day. The pill is called Truvada®
- ❖ Getting regular testing for HIV and STIs (every 3 months); and
- ❖ Having regular visits with your healthcare provider to get your labs checked and refilling your medication

You may have some minor stomach discomfort or headaches when you start PrEP, but this usually goes away after the first month

You should consider PrEP if:

- ❖ You don't always use condoms when you have anal or vaginal sex
- ❖ You don't always ask your partner(s) to wear a condom
- ❖ You've been diagnosed with a sexually transmitted infection in the last 6 months
- ❖ You're unsure of the HIV status of your sexual partner(s)
- ❖ You're in a relationship with a partner who has HIV (who may or may not be on HIV treatment)
- ❖ You are a person who injects drugs, or you're in a sexual relationship with a person who injects drugs
- ❖ You don't have HIV and are interested in PrEP

PrEP is covered by most insurance plans as well as Medicaid. There are also payment assistance programs available for people who are insured or uninsured. Your health care provider and PrEP navigator can help you figure out insurance coverage and assistance programs



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