



Advocates for Reproductive Education

Pre-Exposure Prophylaxis for HIV: “PrEP”

What is PrEP?

- PrEP stands for Pre-Exposure Prophylaxis for HIV.
- PrEP is a once daily medication that you take every day to help reduce your risk of getting HIV.

PrEP IS ...

- For people who are HIV Negative
- For people who are at increased risk for getting HIV
- For both adolescents and adults who are at least 77 pounds

PrEP is Not ...

- For use in emergency situations - like when a condom breaks
- A one-time-only strategy
- For people who are HIV positive
- A prevention method for other sexually transmitted infections (STI)

You May Be at Risk for HIV if You ...

- Do not consistently use condoms
- If you share injection drug equipment
- Recently had or currently have an STI
- Have sexual partners with an unknown HIV status
- Have a partner who is HIV positive with a detectable viral load

Important Information to Know BEFORE Starting PrEP

- You will need HIV testing every 3 months to continue on PrEP
- PrEP is much less effective when it's not taken every day
- It takes 7 continuous days of PrEP for assigned-male-at-birth persons to be protected, and 21 days for persons assigned-female-at-birth to be protected
- If you have Hepatitis B and stop taking PrEP your HBV infection may get worse
- Not all types of PrEP are approved for persons assigned female at birth
- If you are or become pregnant, or you are breastfeeding, notify your PrEP provider right away



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PrEP Information

How To Take PrEP:

- Take PrEP exactly as directed by your PrEP Provider, not just when you think you might have been exposed to HIV.
- Do not miss any PrEP doses. Missing doses increases your risk of HIV infection.
- You must be HIV-NEGATIVE to continue taking PrEP. You will need to get tested for HIV every 3 months, *before* getting your next PrEP refill.

How Else Can You Reduce Your Risk of HIV Infection?

- Know your HIV status and the HIV status of your sexual partners.
- Get tested for other STIs. Some STIs make it easier for you to get HIV.
- Practice safer sex by using latex or polyurethane condoms with lubrication. Use condoms “the whole time, every time.”
- Use new, clean syringes and equipment every time you inject drugs. (Ask staff about Syringe Services Programs. ***)
- Talk to your provider about other ways that you can protect yourself from HIV.

Side Effects of PrEP:

- Common: Headache, upset stomach, loss of appetite
- Rare: Kidney, liver, or bone issues
- Alert your PrEP Provider if you are experiencing side effects