



Now's The Time To Find Out About **PrEP**

*PrEP can help you stay HIV-negative, even
if your partner might be HIV-positive.*



**INCLUDES USEFUL
TIPS ON WHAT TO ASK
YOUR DOCTOR**

PrEP: Prevent HIV before exposure

- **Pre-exposure prophylaxis* (PrEP)** is an HIV prevention option that works by taking one pill every day. When taken daily it can greatly reduce your risk of getting HIV. You can protect yourself even more if you use condoms and other prevention tools.
- People at **very high risk** for HIV take HIV medicines daily as **PrEP** to lower their chances of getting infected. **PrEP** can stop HIV from taking hold and spreading throughout your body.
- It is highly effective for preventing HIV if used as prescribed, but it is much less effective when not taken consistently. And remember, **PrEP** protects you against HIV but not against other sexually transmitted diseases (STDs).
- Your risk of getting HIV from sex can be even lower if you combine **PrEP** with condoms, limiting sexual partners, and other prevention methods.

*Prophylaxis = Prevention



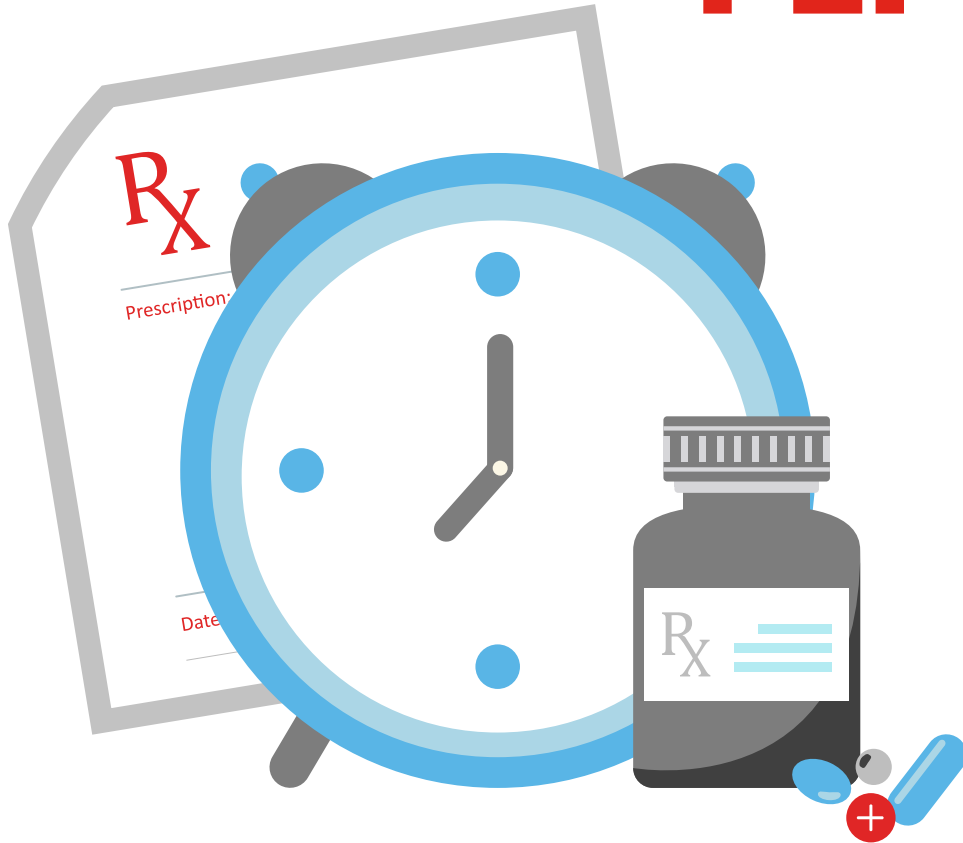
With PrEP, you protect yourself from HIV every day

Because **PrEP** is for protecting people who are HIV-negative, you'll have to take an HIV test before starting **PrEP** – and you may have to take other tests to make sure it's safe for you to use **PrEP**. While you are on **PrEP**, you will need to see a health care provider for regular checkups and HIV tests every three months.

If you regularly worry about HIV, ask your doctor if PrEP may be right for you.

For more information call CDC-INFO toll free:
800-CDC-INFO (800-232-4636) | TTY: (888) 232-6348
Or visit: www.cdc.gov/hiv/basics/prep.html

Now's The Time To Find Out About **PEP**



“When I found out my partner was positive, PEP kept me HIV-negative”



**INCLUDES USEFUL
TIPS ON WHAT TO ASK
YOUR DOCTOR**



PEP: **Prevent HIV** **after exposure**

Post-Exposure Prophylaxis* (PEP), is taking a medication that prevents HIV infection after you've been exposed. If you think you may have been exposed to HIV, **PEP** may be right for you:

- **PEP** is emergency medicine you take right after you are exposed to HIV.
- If you are HIV-negative and exposed to HIV, **PEP** can stop HIV before it infects your body.

Emergency PEP to prevent HIV

- With **PEP**, you begin taking pills to stop HIV infection right after you are exposed to HIV.
- **PEP** can help stop HIV if started within 72 hours of exposure. You continue taking **PEP** for 28 days.
- **PEP** can protect you in an emergency—for example, if you had anal or vaginal sex without a condom with someone who has, or might have, HIV. **PEP** can also stop HIV if you were exposed while injecting drugs.

*Prophylaxis = Prevention

Content reused with permission from the New York City Department of Health
Doc code # 5-17-17

PEP works best if started right away

- If you think you were exposed to HIV, immediately go to a clinic or emergency room and ask for **PEP**.
- You should begin taking **PEP** as soon as possible to prevent the possibility of HIV infection.
- **PEP** works best if you take it every day for the full 28-day course. Do not stop taking **PEP** without talking to your doctor.

With PEP, you protect yourself from HIV after you've been exposed

More about **PEP** – Because **PEP** protects people who are HIV-negative, you'll have to take an HIV test before starting **PEP**. **PEP** can cause mild side effects, especially at the beginning of treatment. When you finish **PEP** you will take another HIV test to make sure that **PEP** worked.

If you think you have been exposed to HIV, call your doctor and ask about PEP.

For more information call CDC-INFO toll free:
800-CDC-INFO (800-232-4636) | TTY: (888) 232-6348
Or visit: www.cdc.gov/hiv/basics/pep.html

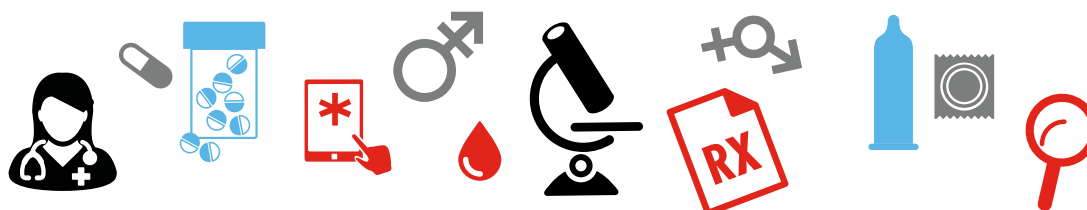
Talk to your doctor about **PrEP** or **PEP**

PrEP (pre-exposure prophylaxis) is recommended for people who are at ongoing very high risk of HIV infection. But **PEP** (post-exposure prophylaxis) is an option for someone who thinks they've recently been exposed to HIV during sex or through sharing needles and works to prevent drugs.

Many insurance plans (including Medicaid) cover **PrEP** and **PEP**. Assistance may be available if you are uninsured.

■ **During Your Visit:**

- Be clear. Tell your doctor that you are interested in **PrEP** (or **PEP**) right away.
- Give your doctor all the details about your life that could be important to your health. If your sex life is a hard topic to talk about, say that to your doctor. It will help to start the conversation.
- Tell your doctor about your routine, especially things that might make it easy or hard to take a daily medication.
- Include your health history. That includes any past illnesses or concerns you have, as well as a list of your current medications (including supplements, herbs, etc.).
- Ask questions. You want to be sure that you understand what your doctor is telling you.
- Take notes during your visit so that you can remember what your doctor said.



■ **After Your Visit**

- Review your notes or any information provided by your doctor.
- Call your doctor if you have more questions. Ask to speak to a nurse if your doctor is unavailable.
- Schedule tests or follow-up appointments your doctor requested.
- Get your results if you had tests done at your appointment.
- Get treated if you have a sexually transmitted infection.
- Be sure to keep your prescription filled and take your medicine as prescribed.

For more information call CDC-INFO toll free:
800-CDC-INFO (800-232-4636) | TTY: (888) 232-6348
Or visit: www.cdc.gov/hiv and search "HIV PrEP and PEP"



Content reused with permission from the
New York City Department of Health
Doc code # 4-19-17

