

Let's talk about PEP

What is PEP?

Post-exposure prophylaxis, also known as PEP is **medication taken after** a possible HIV exposure to help prevent infection.

When do you take PEP?

PEP must be taken **within 72 hours** from a possible exposure. This includes condomless sex, shared drug use supplies, workplace incidents and sexual assault.

How long do you take PEP?

PEP is taken one or twice daily for **28 days**.

How will I know if PEP worked?

It is recommended you test for HIV immediately after completing PEP and then again at 3 and 6 months after the possible exposure.

What if I miss a dose?

If you miss a dose and it has been less than 24 hrs., take the missed dose when you remember but do not double the dose. Talk to your provider if you have concerns.

How effective is PEP?

PEP is up to 80% effective when taken as soon as possible **but no later than 72 hours** after a possible exposure.

Does PEP protect from other sexually transmitted infections?

No, **additional testing and treatment** would be needed.

Does PEP have side effects?

The **most common** side effects reported are, upset stomach, fatigue, headache, diarrhea and insomnia.



Is PEP expensive?

There are different ways to get PEP **at little to no cost**. If insurance is not an option, medication assistance programs offered by the manufacturer can help.

- » Workplace exposure is usually covered by workers compensation.
- » For a sexual assault case, the Office for Victims of Crime may reimburse you for medication and clinical care costs.

Can PEP be used all the time?

PEP should only be used in **emergency situations after a possible exposure**. HIV prevention methods for before exposure include the once daily medication for HIV prevention called Pre-Exposure Prophylaxis (PrEP), condoms and individual use of injection drug use supplies.

How do I start PEP?

The following steps can help you get started:

- » Contact a health care provider or emergency room provider to find out if they provide PEP at their location. You will need to receive PEP as soon as possible along with necessary testing.
- » Have an honest conversation with your provider about your emergency situation before starting PEP.
- » While taking PEP, it is important to take precautions in behaviors that may expose you or others to HIV.

To find a PEP provider

Visit www.hivrisk.cdc.gov or with your smart phone camera scan the following QR code below.

