

# Let's Talk About PrEP

## What is PrEP?

Pre-exposure prophylaxis, also known as PrEP is a **pill taken daily** to prevent HIV.

## Who can take PrEP?

PrEP is for **anyone that does not have HIV** and wants an effective way to prevent HIV infection.

## How long do I take PrEP for?

This depends on what is going on in your life.

If you choose to stop taking PrEP, remember to use different HIV prevention methods.

## Can I stop and restart PrEP?

PrEP should be taken every day but taking PrEP only during times of higher needs, is an option. Talk to your provider before deciding to stop or restart PrEP.

## How effective is PrEP?

When taken **correctly and daily**, PrEP reduces HIV transmission from sex by 99% and from injection drug use by 74%. With every missed dose the level of protection drops.

## Does PrEP work right away?

No. Like all medication it takes time to become effective. PrEP **reaches maximum protection** at different times, depending on behavior.

- » Receptive anal sex **on day 7**
- » Receptive vaginal sex and injection drug use **on day 21**
- » It is unclear when PrEP reaches maximum protection for insertive anal and vaginal sex



## Does PrEP protect from other sexually transmitted infections (STI)?

No. An additional protection, such as a **condom**, should be used to protect against other STIs.

## Does PrEP have side effects?

Most people report no or minimal side effects. The **most common** side effect reported is nausea when starting the medication.

## Is PrEP expensive?

Most health insurance programs will cover PrEP. There are also assistance programs offered that help with the cost for uninsured or underinsured individuals.

## How do I start PrEP?

The following steps can **help you get started**.

- » Find a healthcare provider that prescribes PrEP. You will first be tested to confirm you are HIV negative.
- » Have a conversation with your provider to determine if PrEP is a good choice for you.
- » Initial bloodwork and STI screening will be performed and continued every 3 months.

## To find a PrEP provider

Visit [www.hivrisk.cdc.gov](http://www.hivrisk.cdc.gov) or with your smart phone camera, scan the following QR code below.

