

What One Needs To Know

PrEP : A new and additional prevention option for HIV-Negative People



Pre-exposure prophylaxis, or PrEP, involves use of antiretroviral medications (ARVs) to reduce the risk of infection in people who are HIV-negative. Truvada has been approved for use in populations at high risk of HIV by a number of national regulatory agencies. In 2015, the World Health Organisation recommended PrEP as an additional prevention option for HIV-negative people at substantial risk of HIV.



What is PrEP?

PrEP is only for people who are HIV-negative.

How long does it take for PrEP to become protective?

WHO guidelines say that it takes a minimum of 7 days for one to be fully protected. One must then continue to take PrEP once daily for as long as s/he is at risk of HIV acquisition. People who take their PrEP medication every day have high levels of protection and people who do not take their PrEP medication every day have lower or no level of protection from HIV risk.

Can one get HIV from taking PrEP?

No, one cannot get HIV from PrEP. PrEP works to prevent HIV. It's however important one confirms that s/he is HIV negative before initiating PrEP.

If one takes PrEP, does this mean s/he has to take it for life?


No, PrEP should be taken once daily during one's seasons of vulnerability when s/he is at substantial risk of acquiring HIV. When one feels that s/he is no longer at risk, s/he should talk to his/her healthcare provider about stopping PrEP.

Can one become resistant to PrEP medications?

As long as someone has a confirmed HIV-negative diagnosis and is taking PrEP consistently and correctly, along with periodic HIV testing, there is little risk of getting HIV and of acquiring drug resistance.

What is PrEP?

PrEP is only for people who are **HIV-negative**.

If one takes PrEP, can s/he stop using condoms when they have sex? 

PrEP is a highly effective way to reduce HIV risk, but it does not prevent against unwanted pregnancies or other STIs. For protection against these, correct and consistent condom use is recommended and/or other forms of contraception and regular STI screening and treatment.

Does PrEP Have Side Effects?

Yes, the most common side effects include headache, nausea, vomiting, rash, and loss of appetite.

In most people, these side effects go away after taking PrEP for a few weeks.



Is PrEP for me?

Taking a pill every day for ongoing protection from HIV might not be for everybody, but it is an excellent option for a lot of HIV-negative people at substantial risk

Most adults can safely use PrEP, but talk to your healthcare provider first.

Positive Living

CEYHO
Centre for youth of hope





Get **PrEP** *ed*

Another Prevention
Option For HIV-Negative
People



Positive Living

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What is PrEP?

PrEP is only for
people
who are

HIV-negative.

PrEP is recommended for individuals with high
risk for HIV exposure.

A close-up, profile view of a Black man with a mustache, smiling and looking towards the right. The image is partially obscured by text overlays.

PrEP

=HIV Prevention

PrEP works best
as part of a
combination approach.

It does not prevent other STIs or
unwanted pregnancy.