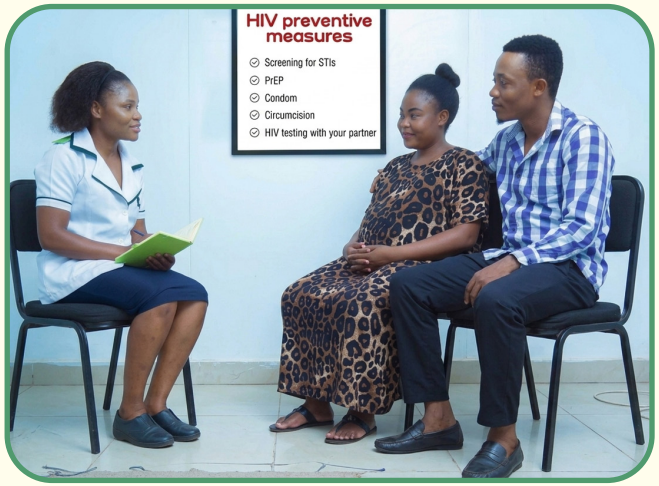


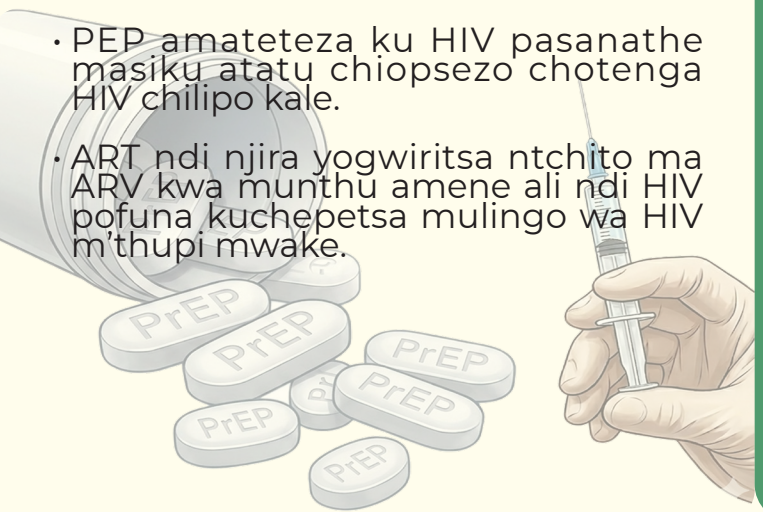
Ndingasiye kugwiritsa ntchito PrEP?

- PrEP si wamuyaya, mutha kusiya nthawi iliyonse ngati chiopsezo chanu chotenga HIV chatha.
- Mukapanga chisankho chosiya kugwiritsa ntchito PrEP, kawonaneni ndi achipatala kuti akuwunikireni

PrEP, PEP ndi ART

Njira zonse zili ndi ma ARV koma ndi ophatikizidwa mosiyana ndiponso zimagwira ntchito mosiyana.

- PrEP amateteza ku HIV chiopsezo chotenga HIV chisanafike.
- PEP amateteza ku HIV pasanathe masiku atatu chiopsezo chotenga HIV chilipo kale.
- ART ndi njira yogwiritsa ntchito ma ARV kwa munthu amene ali ndi HIV pofuna kuchepetsa mulingo wa HIV m'thupi mwake.



Zina zoyenera kudziwa zokhudza PrEP

- Amapezeka mosavuta
- Sikatemera wa HIV
- Simakhwala olerera.
- Sateteza ku matenda ena opatsirana pogonana kupatula HIV.
- Sateteza ku HIV ngati mwachita mchitidwe umene wakuikani kale pa chiopsezo chotenga HIV.



Mukafuna kudziwa zambiri pitani kuchipatala chomwe mwayandikana nacho Kapena imbani foni yaulere pa 54747

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Sankhawekha PrEP

Njira ina yopewera HIV

Moyo ndi mpamba Usamalireni

CCPF 54747 CHIPATALA CHA PA FONI

NATIONAL AIDS COMMISSION NAC MALAWI

Kodi PrEP ndi chiyani?

- PrEP ndi mtundu umodzi wa ma ARV omwe amapelekedwa kwa anthu omwe ali pa chiopsezo chotenga HIV.
- Pali mitundu iwiri ya PrEP; wakumwa komaso wobaya
- Kumbukirani kuti PrEP amagwira bwino ntchito pomwe mwatsata ndondomeko.

Ndani Amene Akuyenera kugwiritsa ntchito PrEP?

- Amene wapezeka ndi matenda opatsirana pogonana monga Chindoko, Chinzonono kapena anapezeka nawo matendawa pasanathe miyezi 6.
- Amene amagonana ndi anthu ambiri mosagwiritsa ntchito kondomu.
- Amene amagonana mosadziteteza ndi munthu yemwe ali ndi HIV kapena sakudziwa m'mene m'thupi mwake muliri.
- Anthu amene amadzibaya mankhwala ozunguza ubongo pogwiritsa ntchito jakisoni mmodzi anthu ambiri.



PrEP wokumwa

- PrEP wokumwa ndi mapirisi omwe amamwedwa tsiku ndi tsiku ngati njira imodzi yopewera HIV.
- PrEP wokumwa amayamba kukutetezani ku HIV pakatha masiku 7 kuchokera tsiku lomwe mwayamba kumwa.

PrEP wobaya

- PrEP wobaya alipo wamitundu iwiri: wa Cabotegravir (CAB-LA) ndi Lenacapavir (LEN).



Kapelekedwe ka CAB-LA

- Mukabayitsa jakisoni wa CAB-LA woyamba, mudzabayitsa wachiwiri pakatha mwezi.
- Majakisoni ena otsatira muzibayitsa pakatha miyezi iwiri iliyonse.
- CAB-LA amayamba kukutetezani ku HIV pakatha masiku 7 kuchokera tsiku lomwe mwabayitsa jakisoni.

Kapelekedwe ka LEN

- Muyamba ndi Jakisoni muwiri wa LEN ndi mapilisi awiri tsiku loyamba.
- Tsiku lachiwiri mumwa mapilisi ena awiri mu nthawi yofanana ndi tsiku loyamba.
- Majakisoni ena otsatira muzibayitsa pakatha miyezi 6.
- LEN amayamba kukutetezani ku HIV pakatha masiku atatu kuchokera tsiku lomwe mwabayitsa jakisoni.

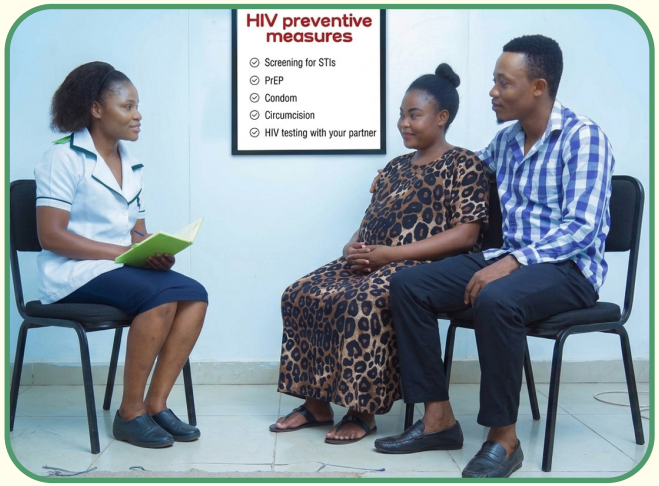
Zina mwa zovuta zomwe zingapezeke munthu akalandila PrEP

- PrEP alibe chiopsezo. Koma monga mankhwala ena aliwonse, anthu ena atha kukumana ndi izi;
  - kutupa komanso kupweteka malo obayidwa
  - kutsekula m'mimba
  - nseru, kupweteka kwa mutu
  - kumva kuyabwa.

  Koma izi zimatha pakapita nthawi.
- Zizindikirozi zikapitirira, pitani ku chipatala kuti mukathandizidwe.
- Dziwitsani achipatala ngati mukumwa kapena kubaisa mankhwala ena aliwonse

Ndingasithe mtundu wa PrEP yemwe ndikugwiritsa ntchito?

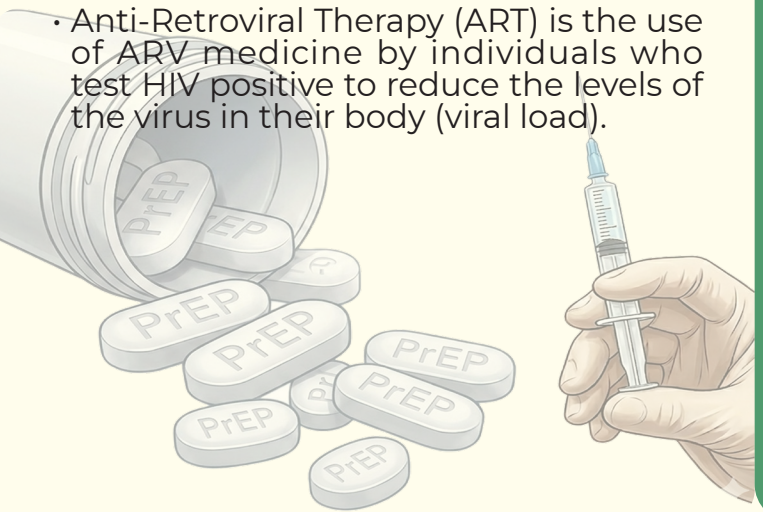
- Eya ndizotheka kusintha kapena kuyamba kugwiritsa ntchito mtundu wina wa PrEP yemwe mwakonda ngakhale mukugwiritsa kale wina.
- Funsani achipatala kuti mumve zambiri.



PrEP, PEP, ART interventions

All these contain antiretroviral medicines in different combination for different purposes:

- Pre Exposure prophylaxis (PrEP) is the use of ARV medicine by individuals at risk of contracting HIV to prevent infection.
- Post Exposure Prophylaxis (PEP) is the use of anti-retroviral drugs (ARVs) by individuals who have been exposed to HIV to prevent infection.
- Anti-Retroviral Therapy (ART) is the use of ARV medicine by individuals who test HIV positive to reduce the levels of the virus in their body (viral load).



Points to note about PrEP

- PrEP is easy to access.
- PrEP is not a vaccine.
- PrEP does not prevent pregnancy.
- PrEP does not prevent other STIs.
- PrEP does not protect you from HIV after exposure.



For more information visit your nearest health facility or call 54747

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My PrEP Choices

More options for HIV prevention

What is PrEP?

- PrEP is an antiretroviral (ARV) medication that is administered to individuals who are at substantial risk of contracting HIV.
- There are different types of PrEP, Malawi currently has oral and injectable.
- PrEP is taken continuously for people who are at substantial risk of contracting HIV.

Who can use PrEP

Anyone who has tested HIV negative with any of the following current or anticipated risk factors may benefit from PrEP:

- Current or recent STI (last 6 months, self-report or clinical diagnosis).
- Transactional sex: paid for condomless sex, or received money or goods for condomless sex, including sex workers and clients.
- Condomless sex with a known HIV infected regular partner.
- Condomless sex with regular partner with unknown HIV status who has other high-risk sexual partners.
- Anal intercourse without a condom.
- Injecting drug use with needle sharing.



Oral PrEP

- A pill that is taken daily for HIV prevention by individuals who are HIV Negative.
- Oral PrEP starts working after seven days from the first dose.

Injectable PrEP

- Injectable PrEP is in two forms: Cabotegravir PrEP injection (CAB-LA) and Lenacapavir PrEP injection (LEN).



Administration of CAB-LA

- After taking the first injection, you will get another injection after one month.
- Thereafter, you will be getting a follow-up injection every two months in the entire period of risk.
- CAB-LA starts working to prevent you from HIV 7 days from the previous injection.

Administration of LEN

- It starts with two injections plus two pills on the first day and two pills on the second day.
- Get a follow up injection every six months.
- LEN starts working to prevent you from HIV three days after the first injection.

Possible side effects

- PrEP is safe. However, like any other medication, some people may experience minor side effects like:
    - Pain and swelling on the site of injection
    - Fatigue
    - Dizziness
    - Nausea
    - Headache
    - Diarrhoea
    - Itching
- These side effects resolve over time.
- If the side effects persist, visit your nearest health facility.
- Please inform the healthcare provider of any medication you are currently taking.

Can I switch the PrEP options?

- YES you can switch from one PrEP option to another.
- You can decide to stop taking PrEP if you are no longer at risk.
- If you decide to stop taking PrEP, consult a healthcare provider for guidance.

Pre-Exposure Prophylaxis (PrEP) Initiation and Continuation Guide for Providers

Oral PrEP PrEP

STEP 1 *If your client is eligible for PrEP and has tested negative for HIV, inform them that the following assesments will have to be completed, depending on the method they choose:*

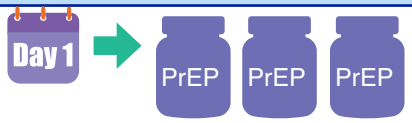
- Weight, 30kg or more and over 15 years old
- New negative conventional HIV test result
- No signs of acute HIV infection

STEP 2 Explain the process of Starting PrEP to your client:

Starting Oral PrEP..

When starting oral PrEP for the first time:

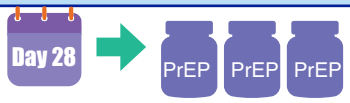
Give 3 bottles of oral PrEP with 30 pills each



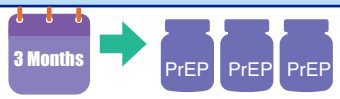
Take note that:

Oral PrEP starts working after 7 days of consistent use. Thereafter oral PrEP must be taken every day to prevent HIV

Inform client to return to the clinic to receive a subsequent 3 month-supply and routine HIV testing



Offer routine HIV test and give 3 months supply



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STEP 3 *Provide the correct information and education about Oral PrEP:*

- Inform the client to take a pill a day, every day.
- Oral PrEP starts working after taking one pill a day for 7 days. Use additional protection such as condoms, or abstain from sex.
- If used correctly, Oral PrEP prevents HIV by more than 90%.
- Inform the client that they can stop taking Oral PrEP if you are no longer at risk.
- Remind the client to inform the provider before stopping PrEP

STEP 4 Provide support for continuation (pill-taking and follow-up clinic visits)

- Remind the client that oral PrEP should be taken on a dedicated time that you have chosen, with or without food.
- Advise client that if more than 2 days have passed, without taking Oral PrEP, should come back to the health facility provider for guidance.

Administration of Oral PrEP

- Give supply for 3 months of TDF/3TC or TDF/FTC for the first visit
- Advise client to come for review and HIV test every 3 months

KEY ISSUES ABOUT PrEP

- *All Forms of PrEP protect against HIV only.*
- *For STIs and pregnancy always use condom.*
- *For all clients taking Oral PrEP, risk returns 7days after exposure.*
- *For CAB-LA risk returns 2 months after last dose.*
- *For LEN risk returns 6 months after last dose.*

Pre-Exposure Prophylaxis (PrEP) Initiation and Continuation Guide for Providers

CAB-LA

STEP 1 ***If your client is eligible for PrEP and has tested negative for HIV, inform them that the following assessments will have to be completed, depending on the method they choose:***

- Over 15 years old and Weigh 35kg or more
- New negative conventional HIV test result
- No signs of acute HIV infection

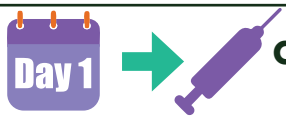
If all of these tests/checks are OK, the client could start CAB-LA immediately.

STEP 2 ***Explain the process of Starting CAB-LA to your client:***

Starting CAB-LA...

When starting CAB-LA for the first time:

Client will receive 1 injection



CAB-LA starts working after 7 DAYS from the first injection

Client will receive second injection after 1 month



Client will return to the clinic every 2 months for subsequent injection and routine HIV test



STEP 3 ***Provide the correct information and education about CAB-LA:***

- CAB-LA prevents HIV by more than 99%.
- Client can stop using CAB-LA if they are no longer at risk
- If client does not receive CAB-LA injection after 8 weeks, they are no longer protected.
- Client must return timely for a follow-up CAB-LA injection
- **Planned missed injections:** If a client anticipates to miss the next injection, provide TDF based Oral PrEP for bridging
- **Missed injections:** During the maintenance period, if more than 2 months have elapsed since the last injection and tablets have not been taken for oral bridging, restart the initiation dosage regimen from Day 1.
- In the event of side effects advise client to return to the clinic

STEP 4 ***Provide support for continuation***

Remind the client that CAB-LA is effective after 7 days.

Administration of CAB-LA

- You will give a client 3ml (600mg) IM upper outer quadrant on stretched skin
- Advise the new client to come for the second dose 30 days later
- Advise the continuing client to come timely for subsequent doses every 2 months, and routine HIV test

KEY ISSUES ABOUT PrEP

- *All Forms of PrEP protect against HIV only.*
- *For STIs and pregnancy always use condom.*
- *For all clients taking Oral PrEP, risk returns 7days after exposure.*
- *For CAB-LA risk returns 2 months after last dose.*
- *For LEN risk returns 6 months after last dose.*

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Pre-Exposure Prophylaxis (PrEP) Initiation and Continuation Guide for Providers

Lenacapavir

STEP 1 ***If your client is eligible for PrEP and has tested negative for HIV, inform them that the following assessments will have to be completed, depending on the method they choose:***

- Over 15 years old and Weigh 35kg or more
- New negative conventional HIV test result
- No signs of acute HIV infection

If all of these tests/checks are OK, the client could start LEN immediately.

STEP 2 **Explain the process of Starting LEN to your client:**

Starting LEN...

When starting LEN for the first time:

Client will receive 2 injections and 2 pills



Client will receive 2 pills to take home, to be taken the next day at the same time

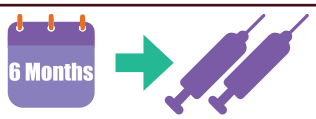


How soon does it start working?



LEN starts working on DAY 3 if you received the injections and 2 pills on day 1, and day 2.

Inform the client to return to the clinic every six months for next dose and routine HIV test



STEP 3 ***Provide the correct information and education about LEN:***

- LEN prevents HIV by more than 96%.
- Client can stop using LEN if they are no longer at risk.
- LEN will only prevent HIV for 26 weeks (6 months) after the last dose.
- **Planned missed injections:** If a client anticipates to miss the next injection, provide TDF based Oral PrEP for bridging
- **Missed injections:** During the maintenance period, if more than 7 months (28 weeks) have elapsed since the last injection and tablets have not been taken for oral bridging, restart the initiation dosage regimen from Day 1.
- In the event of side effects advise client to return to the clinic

STEP 4 ***Provide support for continuation of LEN***

Inform client that they must take the 2 pills on day 2 after the injections. Without these tablets, LEN will not be effective.

Administration of LEN

- Administer a total of 927mg. 2 doses of 1.5ml (463.5mg) SC injection on abdomen or thighs.
- Do not give pregnant women SC injection on abdomen.

KEY ISSUES ABOUT PrEP

- *All Forms of PrEP protect against HIV only.*
- *For STIs and pregnancy always use condom.*
- *For all clients taking Oral PrEP, risk returns 7days after exposure.*
- *For CAB-LA risk returns 2 months after last dose.*
- *For LEN risk returns 6 months after last dose.*

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PrEP amakutetezani ku HIV yokha basi.

Gwiritsani ntchito Kondomu moyenera kuti mudziteteze ku matenda ena opatsirana pogonana komaso mimba zosakonzekera.

MINISTRY OF HEALTH AND SANITATION

NATIONAL AIDS COMMISSION MALAWI

Moyo ndi mpamba Usamalireni