



So who can use PrEP?

PrEP is recommended for any person at substantial risk of becoming HIV infected. This includes **adolescent girls, young women, at risk men, and the HIV negative partner in a sero-discordant couple.**



Remember

- ▶ Oral PrEP must be taken once every day.
- ▶ PrEP reaches maximum effectiveness after 7 days.
- ▶ You must continue to take PrEP for at least 28 days after exposure to HIV.



Did You Know

Oral PrEP is an HIV prevention method in which people who are HIV negative take anti-HIV medication (Antiretroviral medicines) to reduce their risk of becoming infected with HIV.

Myth Busting

If I take PrEP AFTER being exposed to HIV, will it protect the person from HIV?

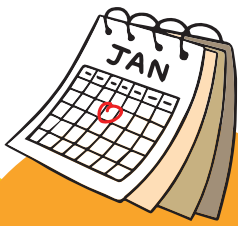
No - PrEP must be taken BEFORE the exposure to HIV. If the person is exposed and was not taking PrEP, they should take POST-exposure prophylaxis within 72 hours. This can protect a person from becoming HIV infected.

Does PrEP prevent other STIs as well as HIV?

No - PrEP users must continue to use other methods such as condoms and VMMC to prevent sexually transmitted infections

Will PrEP prevent someone from getting pregnant?

No - PrEP users must use condoms or contraceptives if they do not want to get pregnant



Unlike a person on lifelong ART, PrEP is not for life. PrEP may be stopped when the person is no longer at substantial risk of HIV infections.

Pre-Exposure Prophylaxis (PrEP)

Do I have to take any tests before starting PrEP?

Yes - PrEP is for people who are HIV negative, so you will need to have an HIV test before starting PrEP. Your health care worker will also take your medical history, assess your risk of HIV infection and counsel you on how to take PrEP.



Side effects of PrEP

The most common side effects include headaches, nausea, vomiting, rash and loss of appetite. These are mild and usually resolve within the first month of taking PrEP.

