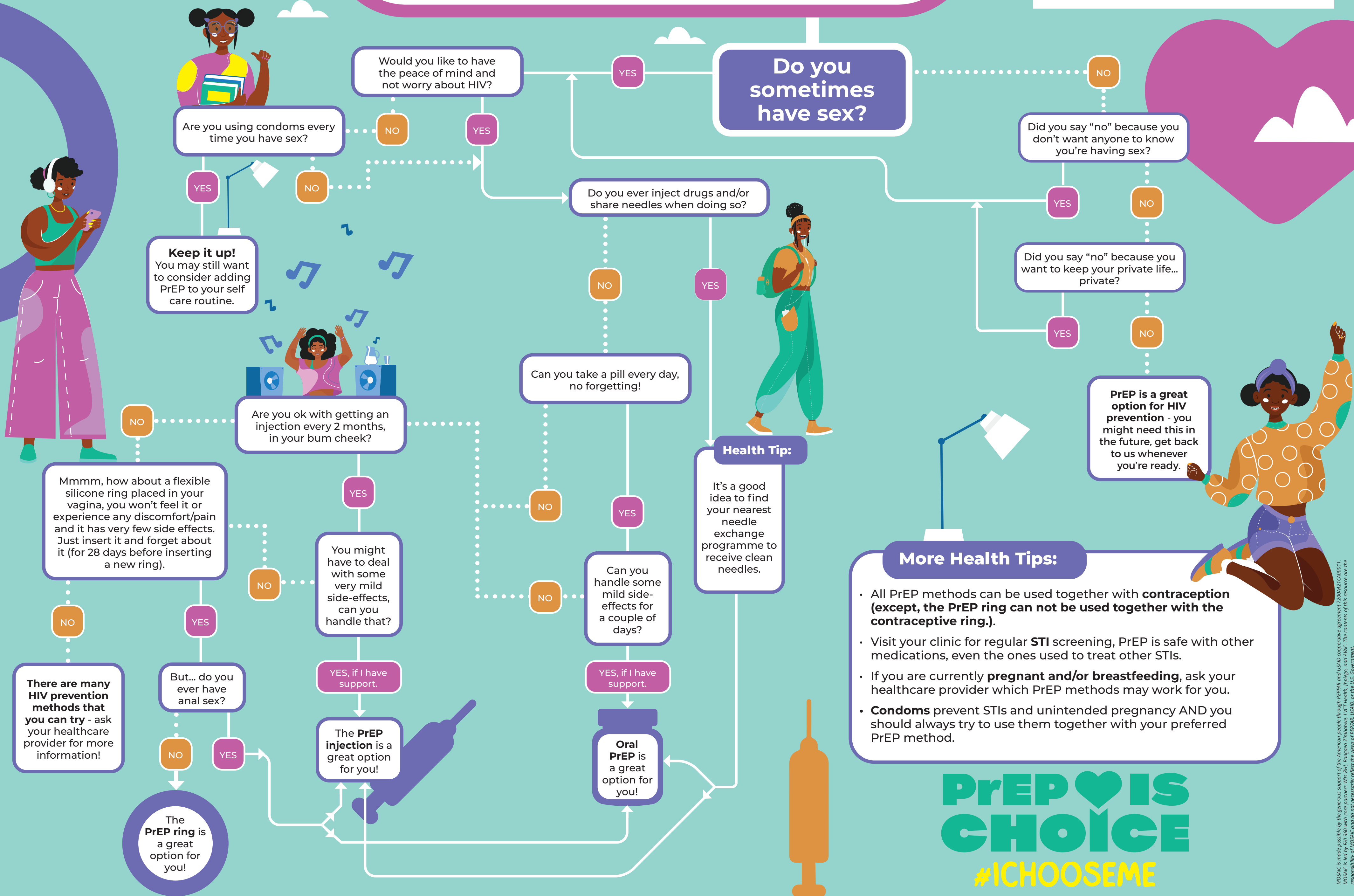


# Choose PrEP



USAID  
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Maximizing Options to Advance Informed Choice for HIV Prevention

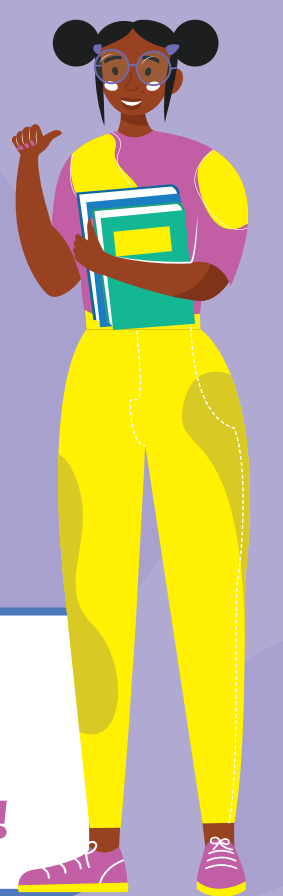


## More Health Tips:

- All PrEP methods can be used together with **contraception (except, the PrEP ring can not be used together with the contraceptive ring.)**
- Visit your clinic for regular **STI** screening, PrEP is safe with other medications, even the ones used to treat other STIs.
- If you are currently **pregnant and/or breastfeeding**, ask your healthcare provider which PrEP methods may work for you.
- **Condoms** prevent STIs and unintended pregnancy AND you should always try to use them together with your preferred PrEP method.

**PrEP IS CHOICE**  
#ICHOOSEME

# Is your client ready to choose PrEP?



## Check PrEP eligibility

NO	Sexually active?	YES
NO	Tests HIV negative?	YES
NO	Interested in PrEP?	YES

**REMINDER:** Check for signs of acute HIV infection (AHI) and screen for recent exposure to HIV - the PrEP Ring has a very low chance of causing resistance to ARVs, and is therefore a good option if you are cautious due to the AHI screening/waiting period.

Answer "no" to even just one question and your client is NOT eligible for PrEP

There are many HIV prevention methods that a person can try and use:

- ♥ Condoms
- ♥ PEP (AFTER an exposure to HIV)
- ♥ Treatment for STIs
- ♥ Medical male circumcision
- ♥ U=U: ART for partners living with HIV



Eligible for PrEP

Answer "yes" to all!

Discuss the benefits, drawbacks, details, and commitment required for each PrEP product. Allow your client to make an informed decision!

## Oral PrEP

- ♥ One pill a day, every day for as long as needed
- ♥ More than 90% effective
- ♥ Prevents HIV from any form of exposure
- ♥ Some side effects, only in first month of use
- ♥ Does not prevent other STIs
- ♥ Does not prevent HIV AFTER an exposure
- ♥ Initiate, return to clinic 1 month later and then only once every 3 months

## PrEP Ring

- ♥ Placed in the vagina for 28 days, then replaced\*
- ♥ More than 50% effective
- ♥ Prevents HIV only for vaginal sex
- ♥ Very minimal side effects
- ♥ Does not prevent other STIs
- ♥ Does not prevent HIV AFTER an exposure
- ♥ Initiate, return to clinic 1 month later and then only once every 3 months

## CAB-LA

- ♥ One injection every 2 months
- ♥ More than 90% effective, compared to oral PrEP
- ♥ Prevents HIV from any form of exposure
- ♥ Some side effects, but these are minimal
- ♥ Does not prevent other STIs
- ♥ Does not prevent HIV AFTER an exposure
- ♥ Initiate, return to clinic 1 month later and then only once every 2 months

## NOTE:

If your client is seeking prevention **AFTER** an HIV exposure: **PEP** should be used but must be given as soon as possible and within 72hrs (3 days) AFTER a possible exposure to HIV, and can be used together with emergency contraception and STI testing.

♥ **Note for HCP:** Check potential contraindications for any of the above PrEP drug regimen

\* HCPs may need to offer additional support to clients, the PrEP ring is still relatively new and a client may need some time to get used to and comfortable with using this method. PrEP ring use does get easier with time! A client who initiates on any PrEP method may also need your support with continuation, effective use, and committing to their clinic visit schedule.

Some of these methods can be used while a person is **pregnant and/or breastfeeding**, check your country's guidelines for the correct information.

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