

PrEP

know the facts

Oral PrEP, a daily pill, is an additional prevention option for people who are HIV-negative.

Oral PrEP is a safe HIV prevention method. The pills need to be taken daily to help prevent HIV.

PrEP can be used by people who are HIV-negative. Oral PrEP has been shown to reduce HIV infection by more than 90% if taken daily.

What is the difference between PrEP, PEP, and ART?

All three use antiretrovirals in different combinations for different purposes:

♥ **PrEP** is when ARVs are taken **before** exposure to HIV, to **prevent** getting HIV.

♥ **PEP** is when ARVs are taken **after** exposure to HIV, to **prevent** HIV (within 72 hours and taken for 28 days only).

♥ **ART** is when ARVs are used to treat a person living with HIV, and is taken lifelong.

PrEP ♥ **IS CHOICE**

#ICHOOSEME



Ask PrEP anything on **065 869 8031**

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health

Department:
Health
REPUBLIC OF SOUTH AFRICA

www.myprep.co.za



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PrEP

Pre
(before)

Exposure
(coming into
contact with HIV)

Prophylaxis
(a medicine to
prevent infection)

So... a medicine
you take before you
come into contact
with HIV, to protect
you from HIV.

PrEP is a prevention
method for people
who test negative for
HIV and are likely to
be exposed to HIV.

Starting PrEP...

First visit:

- Health check, including screening for HIV and STIs, supported by counselling.
- Get your oral PrEP supply for a month.
- As oral PrEP builds up in your body, use a condom or abstain from sex for the first 7 days of taking oral PrEP.
- After 7 days, you need to continue taking oral PrEP daily for as long as you need it.

Month 1 visit:

- Health check, including screening for HIV and STIs, supported by counselling.
- Get your 3-month supply of oral PrEP pills.

Every 3 months:

- Health check, including screening for HIV and STIs, supported by counselling.
- Every 3 months, you return for an HIV test and a 3-month supply of oral PrEP.

PrEP works best when taken daily and used with a condom.

Where can I get PrEP...

PrEP is now available in all public primary health care clinics. Visit your nearest clinic if you are interested in using PrEP. For more information about PrEP, please visit www.myprep.co.za.

Find your
nearest
clinic with
this code:



PrEP is one of many
options for HIV
prevention. You can
also try:

- ♥ Condoms
- ♥ Other PrEP options which may be available at your clinic, ask your provider
- ♥ Counselling
- ♥ PEP
- ♥ Treatment for STIs
- ♥ Male medical circumcision
- ♥ ART for partners living with HIV

Health tip...

PrEP used together with condoms and contraception can prevent HIV, other infections from sexual contact and pregnancy.