

# 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**



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

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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.**

## Health tip...

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

## 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](http://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