

# PrEP

PREGNANT & BREASTFEEDING WOMEN

*know the facts*

**PrEP is a safe HIV prevention method that HIV-negative people can use to prevent HIV:**

- ♥ The pills need to be taken daily to help prevent HIV.
- ♥ Oral PrEP has been shown to reduce the chances of HIV infection by more than 90%.
- ♥ You have to take the pills every day, for as long as you need it.
- ♥ PrEP is only for people who are HIV-negative.

**PrEP during pregnancy:**

- ♥ If you are pregnant and have sex without a condom, your chances of getting HIV is much higher.
- ♥ If you test positive for HIV, you will receive ARV treatment - this prevents your baby from getting HIV.
- ♥ Using PrEP before, during and after pregnancy can prevent HIV.



**PrEP ♥ IS CHOICE**  
**#ICHOOSEME**

**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.



Ask PrEP anything on **065 869 8031**



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

[www.myprep.co.za](http://www.myprep.co.za)



[myprep.southafrica](https://www.instagram.com/myprep.southafrica)



[MyPrEPSouthAfrica](https://www.facebook.com/MyPrEPSouthAfrica)

# PrEP

Pre  
(before)

Exposure  
(coming into  
contact with HIV)

Prophylaxis  
(a medicine to  
prevent infection)

## 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:



## 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.

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

Don't forget  
your ante-  
natal care  
visits

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
- ♥ Regular HIV testing for you and your partner

## Decide if PrEP is for you:

- ♥ PrEP is safe for you and your unborn baby and child, while you are pregnant and/or breastfeeding.
- ♥ PrEP can protect you from HIV.
- ♥ PrEP is easy to take, just one pill a day.
- ♥ You can take PrEP without anybody else knowing.
- ♥ You can take PrEP if you and your partner who is living with HIV want to have a baby.
- ♥ You can continue taking PrEP even when you are breastfeeding.

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## You can take care of yourself and your baby, choose PrEP!

Use a  
condom

If you test  
negative for HIV,  
you can  
use PrEP!

Ask your  
partner to  
test for  
HIV

Start and  
continue with  
ARVs if you  
test positive  
for HIV

Encourage your  
partner living  
with HIV to take  
ARVs daily

