

# Oral PrEP

*my journey*



**PrEP ♥ IS  
CHOICE**

**#ICHOOSEME**



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

July 2025

## **HOW THIS POCKETBOOK WORKS FOR YOU:**

This little book is yours! It has all the information and contacts you need. It also reminds you why PrEP is one of your best self-care investments!

### **GOING TO A CLINIC...**

Is brave! You are designing your life, the way you need it to be.

**YOUR HEALTH...** Is about more than just preventing pregnancy and STIs. You have a choice of HIV prevention methods that can work for you!

Appearance in an image in this brochure does not indicate a person's health status. Oral PrEP Pocketbook Feb 2025

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# This month is *my* month

**Let's take time to reflect**  
**- who are you and**  
**what do you want**  
**for your life.**

I cannot control what others do, but I can control what I do and how I react to everything and everyone around me.

## **Who am I? I am the one who has:**

(Place a ✓ next to what is true for you, you can select as many as you want or write your own).

- ☐ The time to help others
- ☐ The energy to be kind
- ☐ The heart to be a supportive friend
- ☐ The energy and drive to start my own hustle
- ☐ The strength to study hard
- ☐ The compassion to take care of my family
- ☐ The self-love to take care of myself
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

*When I'm healthy and feeling good, I know I can trust my body and mind to do the things that are important to me.*

# This is how I will *stay healthy:*

**Tick all that  
apply to you!**

- ☐ Using less sugar.
- ☐ Getting enough sleep.
- ☐ Going to the clinic for follow-up appointments.
- ☐ Drinking loads of water.
- ☐ Asking my healthcare provider for help when I struggle with my medication.
- ☐ Eating fruits and vegetables whenever I can.
- ☐ Exercising, even just a short walk.
- ☐ Taking my pills / meds / injections exactly when I need to.
- ☐ **Being consistent in the healthy behaviours that I choose!**

**These are the words I live by, my life motto:**

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# I have made a decision to take care of *me*, every day and every month!



**I commit to myself, my health and a future that is in my control. I will do my best to:**

1. Not get pregnant unless I'm ready to, I will have a baby when the time is right for me! I can use:

Contraception (pills, implant, IUD, injection or condoms) or emergency contraception (morning-after pill).

2. Prevent HIV infection every day. I can use:

A PrEP method (pills or ring), condoms and/or treatment if I am living with HIV.

3. Prevent and manage any STIs. I can use:

Condoms, know the signs of STIs, go to the clinic if I am worried, and take and finish my STI treatment.

4. Not give up on PrEP if I get side effects! I can:

Ask my healthcare provider for help if I do get side effects AND I KNOW they won't last, this will pass.

5. Remember to take my PrEP pill every day or use my PrEP ring for 28 days and honour all my clinic appointments. I can:

Set a reminder to take my PrEP pill or for my next appointment, ask my healthcare provider for help if I keep forgetting and answer my phone or message if my clinic tries to contact me.

\_\_\_\_\_

Date

\_\_\_\_\_

Signature

**I am excited about my journey, my possibilities and what tomorrow holds for me!**

♥ Young, smart, hard-working, caring and ready to put me first when I have to.

♥ Taking care of my health and consistently practicing healthy behaviours.

♥ Putting my sexual and reproductive health first.

♥ Healthy, strong, energetic me!  
Stress free!



Passing that exam...

Getting that job!

Starting college.

Starting my hustle.

Feeling good!

**PS: Everything is connected...** When you take care of your health (EVERY DAY) and are not worried about HIV or unintended pregnancy or STIs, you can achieve the things that matter the most!

# Oral pre-exposure Prophylaxis: oral PrEP

## WHAT IS IT?

Oral PrEP is a pill containing antiretroviral medication (ARVs), taken by HIV-negative people to prevent getting HIV.

## HOW DOES IT WORK?

If a person is HIV-negative, the medication in oral PrEP protects the cells in the body from being infected with HIV.

## HOW WELL DOES IT WORK?

When taken every day, oral PrEP can reduce the likelihood of getting HIV by more than 90%.

## WHAT ARE THE SIDE EFFECTS?

- Some people taking oral PrEP for the first time may experience nausea, headaches, stomach discomfort, or vomiting.
- These are the most common side effects of oral PrEP and usually go away after a couple of weeks.
- If these side effects last for a long period or they are very severe visit your clinic.



## HOW IS IT TAKEN?

- Take it for 7 days before you are fully protected - use condoms or abstain from sex during this time.
- Thereafter take it every day.
- When stopping, take PrEP for 7 days after the last possible exposure to HIV.

## WHAT YOU NEED TO KNOW:

- If privacy is important, think of ways to hide the pills.
- Oral PrEP does not protect you from STIs or pregnancy, use condoms and contraception.
- Oral PrEP is for people who are not living with HIV.
- Oral PrEP is safe!



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# Next clinic visit:

DATE	DETAILS

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DATE	DETAILS

## Where can I get oral PrEP?

In South Africa, different PrEP methods are available from different sites. Oral PrEP is available at the majority of Department of Health clinics across the country. If you feel you are at risk of getting HIV, and want to find out more about PrEP, please visit:



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

Ask PrEP anything on  !

**078 168 0192**

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