

The gift of PrEP

**More Than a Pill:
It's About Taking Control!**

10 Things to Consider



1 I've thought about HIV and I want to take steps to protect myself

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- I may be exposed to HIV.
- I am ready to take control and protect myself.

2 There are different ways to do this, and I am choosing to take PrEP to prevent HIV

- I need to take responsibility, no one will watch over me.
- I am strong and committed to preventing HIV – I will take my PrEP daily to stay fully protected.

There are different ways to prevent HIV, STIs, and pregnancy, I understand that:

- PrEP helps me prevent HIV.
- Condoms help me prevent HIV, STIs, and pregnancy when used correctly every time I have sex.
- Contraception provides protection against getting pregnant.



3 PrEP works if it's taken properly

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- I know PrEP takes 7 days to start working. During that time, I need to use condoms or not have sex.
- I'm ready to take a pill every day—it's a small step to protect my health and my future!
- To help me remember, I can set a phone reminder, leave a note on my mirror, or link it to something like brushing my teeth—whatever works best for me.
- I can stop PrEP whenever I want. If I do, I'll keep taking it for 28 days after my last sexual activity to stay protected, then get an HIV test. I can always start PrEP again if I need it. The clinic is always here if I need more info.

4 I have the right to decide whether to tell others that I am taking PrEP

4

- I understand that it is my decision to tell or not tell others - it is my choice.

5 I may need support

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- If I am worried or need more information or support, I am welcome to come to this clinic and discuss these things with one of the staff.

6 I need to remember my visit dates, and keep in touch - and I understand that:

6

- It is important for me to return after one month, to check how I am doing, have an HIV test, and get more PrEP.
- If I am unable to make this appointment, I must contact someone at the clinic. I know who to contact and their details.
- After that I will be told when to return for my pills and checkups.
- I need to inform the staff of any changes in my contact details.



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7 I have the right to decide whether to tell others that I am taking PrEP

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- I can ask questions and express my worries with the staff at this clinic, no matter how small or silly these may seem.

8 If I get any side effects, its normal and I can get help - and I understand:

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- I might get side effects, like a sore or upset tummy, but this is normal. It doesn't happen to everyone, and most side effects go away after a few weeks.
- I can get help from the clinic if I experience any side effects.

9 PrEP is my responsibility, but help and support are always available

9

I understand that PrEP is my responsibility.

I'm taking PrEP to prevent HIV.

If I forget, I'll take it as soon as I remember the next day. If it's been longer, I might need extra protection and advice—either on WhatsApp or at the clinic. I know who to contact and have their details.

PrEP IS CHOICE
 #ICHOOSEME



Scan the QR code to chat with us on WhatsApp and learn more about your health and HIV prevention choices!