

PID number: \_\_\_\_\_

# PrEP

*My journey*



**PrEP** ♥ **IS**  
**CHOICE**  
**#ICHOOSEME**



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

## **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!

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**PrEP**  **IS**  
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**#ICHOOSEME**

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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 or the  
environment around me,  
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:

-  Eating/taking 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.
-  Smiling whenever I can
-  **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 do the following:

- 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).
- Prevent HIV infection every day. I can use:  
A PrEP method (PrEP pills), condoms and/or treatment if I am living with HIV.
- 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.
- 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.
- Remember to take my PrEP pill every day 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.
- I will remember the dates of my clinic visits.

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Date

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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!*

# Available HIV prevention methods:

	Oral PrEP	Condoms
<b>How is it used?</b>	One pill every day	Every time you have sex
<b>How well does it work?</b>	More than 90%	Up to 87% if you use it correctly
<b>Can I keep it a secret?</b>	Yes, you can keep the pills private	No
<b>Are there blood draws?</b>	Yes	No
<b>Can I use it while pregnant/breastfeeding?</b>	Yes	Yes
<b>Where does it prevent HIV?</b>	Your whole body	Only in the penis, vagina and anus
<b>Any side effects?</b>	Yes, some	None
<b>Will this prevent pregnancy/STIs too?</b>	No, but you can add condoms/contraception	Yes
<b>Will this prevent infection if my partner is living with HIV?</b>	Yes	Yes
<b>Will this prevent HIV after I have had sex?</b>	No	No



<b>VMMC (Voluntary Medical Male Circumcision)</b>	<b>Treatment (Partner living with HIV)</b>	<b>PEP</b>
Once-off procedure for men	Medication taken daily by your partner	One pill every day for 28 days
About 60% for the circumcised partner	Very effective if the partner is virally suppressed	81%
No	Up to your partner	Yes, you can keep the pills private
No, but there is a surgical procedure	Not for you	No
Not relevant	Yes	Yes
Only in the penis for the circumcised person	Your whole body	Your whole body
None	None	Yes
VMMC does not prevent pregnancy but does partially prevent some other STIs	No, but you can add condoms/contraception	No, but you can add condoms/contraception
Yes, but only up to 60% for the circumcised partner	Yes, if your partner is virally suppressed	Yes
No	No	Yes

# Oral pre-exposure prophylaxis:

## *Oral PrEP*

### What is it?

Oral PrEP is a pill containing antiretroviral (ARV) medication that you can take if you are HIV negative to prevent getting HIV. Most oral PrEP pills contain a combination of two ARVs. The type of ARV may vary depending on the country and brand of oral PrEP.

### How does it work?

When taken as prescribed, the medication in oral PrEP builds up in the cells of the body and stops HIV from multiplying. If the virus cannot multiply, it dies. Oral PrEP must be taken before coming into contact with the virus, and continued for as long as the user feels the need to prevent against getting HIV. Oral PrEP is not HIV treatment and does not need to be taken for life, but rather for periods when a person has increased likelihood of HIV exposure.



## How is it used?

Everyone taking oral PrEP will need to do a repeat HIV test one month after initiating on oral PrEP and then routine HIV testing every three months. Some countries may require other tests. Oral PrEP needs to be taken every day. Taking the pill at the same time each day can make remembering to take it easier. Daily oral PrEP prevents users from getting HIV from any type of exposure, including all forms of sex (vaginal or anal) and sharing drug injection materials (such as needles and injection equipment).

Most people will be protected after they have been taking oral PrEP every day for seven days (use condoms or abstain during this time). You need to continue taking it daily thereafter to prevent getting HIV.

If you decide to stop taking daily oral PrEP, you must continue taking it for seven days after your last sexual encounter and start using other HIV prevention methods.

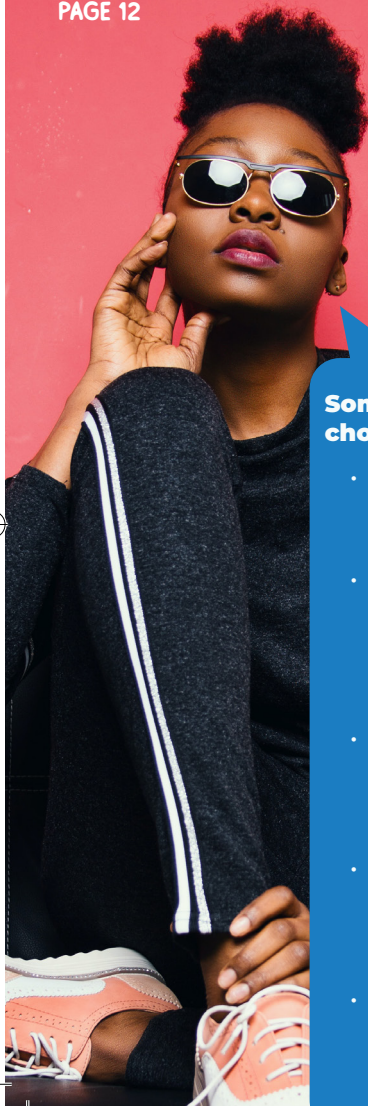
## How well does it work?

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



## What are the side effects?

During the first two weeks of taking oral PrEP, one in 10 people may experience mild side effects that include nausea, headaches, stomach discomfort, or vomiting. The side effects usually go away after a few weeks. Changing the time of day when the pill is taken may assist with reducing side effects. Oral PrEP users are encouraged to visit their health care provider if they experience severe or prolonged side effects.



**Some considerations when choosing this method:**

- It can be kept private. If privacy is important to you, think of ways to hide the pills.
- It requires effort. Taking the pill daily or as prescribed is important for oral PrEP to be effective, and regular health care visits are essential.
- You can start and stop using oral PrEP as and when required, as explained by a health care provider.
- It does not prevent other STIs or pregnancy; this requires condoms and contraception used together with oral PrEP.
- It can be used safely during pregnancy and breastfeeding.

# Frequently asked questions

Questions	Answers
<p><b>Will oral PrEP prevent a person from getting pregnant or make them infertile?</b></p>	<p>No, oral PrEP will not prevent a person from getting pregnant or make them infertile.</p>
<p><b>If I take oral PrEP and get HIV, will antiretroviral treatment (ART) work or will oral PrEP lead to ARV resistance?</b></p>	<p>The chances of developing HIV drug resistance with the use of oral PrEP is very small (&lt; 0.1%), especially if you take it every day and get tested for HIV regularly.</p>
<p><b>Can I share oral PrEP with other people or my partner living with HIV?</b></p>	<p>No, you cannot share oral PrEP. You do not want to risk running out of oral PrEP because you shared your pills. A person who wants to use oral PrEP needs to have their health checked by a health care provider. Oral PrEP and ARVs have different doses and are often different medications. If a person knows someone who wants to take oral PrEP, they should consider sending them information about where they got theirs.</p>
<p><b>Can a person take oral PrEP if they are HIV positive?</b></p>	<p>No, oral PrEP is only effective to prevent HIV. People living with HIV need a different combination of three ARVs for treatment.</p>
<p><b>When is oral PrEP not recommended?</b></p>	<p>If a person has kidney problems — a test can be done before oral PrEP initiation to check for this condition.</p>
<p><b>Are there any concerns when using contraceptives or other medications?</b></p>	<p>No. Oral PrEP is safe to take with any form of contraception, other drugs and alcohol.</p>

# First visit to a clinic or mobile clinic

## This is how it happens:

1 A friendly client navigator will find you (or you them) and guide you through the process.

2 You will meet with a data collector who will open a file for you, or add to your existing file - all details are kept safe, private and confidential.

3 A professional and friendly counsellor will do an HIV test and discuss your results with you.

**\*Remember, knowing your status is brave and empowering, it guides you in making your next decision.**

4 Next, you will see a professional nurse who will provide you with the services that you want:

PrEP

CONTRACEPTION

STI SCREENING/TESTING AND  
TREATMENT *IF NECESSARY*

ANY OTHER MINOR AILMENTS

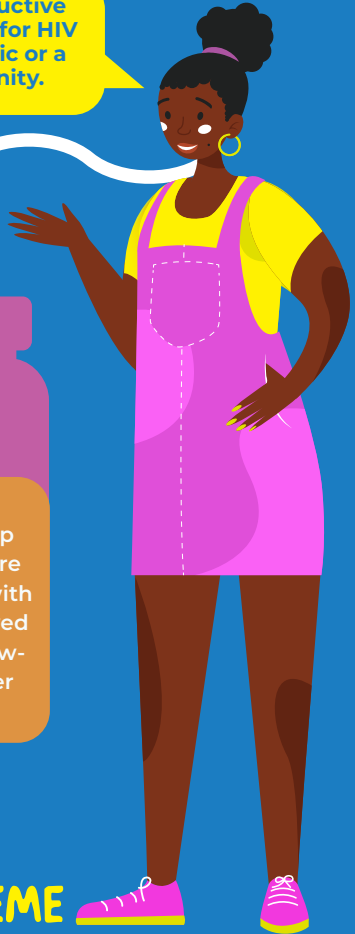
You can get sexual and reproductive health services, including PrEP for HIV prevention from your local clinic or a mobile clinic in your community.

Depending on which services you receive from the professional nurse, the next couple of pages in this book, will tell you exactly what you can expect at each visit.

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Finally, your client navigator will catch up with you and make sure that you are satisfied with the services you received and confirm your follow-up visits and any other support you need.

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	Oral PrEP	Oral contraceptive
<b>First visit</b>	<ul style="list-style-type: none"> <li>• HIV test</li> <li>• Blood draw</li> <li>• Get your oral PrEP supply for a month</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnancy test</li> <li>• Get your oral contraception supply for a month</li> </ul>
<b>Month 1</b>	<ul style="list-style-type: none"> <li>• HIV test</li> <li>• STI screening</li> <li>• Counselling</li> <li>• Get your oral PrEP supply for 3 months</li> </ul>	<ul style="list-style-type: none"> <li>• Return to the clinic each month for a new supply of pills</li> </ul>
<b>Month 2</b>	X	
<b>Month 3</b>	X	
<b>Month 4</b>	<ul style="list-style-type: none"> <li>• HIV test</li> <li>• STI screening</li> <li>• Counselling</li> <li>• Get your oral PrEP supply for 3 months</li> </ul>	
<b>Month 5</b>	X	
<b>Month 6</b>	X	
<b>Month 7</b>	<ul style="list-style-type: none"> <li>• HIV test</li> <li>• STI screening</li> <li>• Counselling</li> <li>• Get your oral PrEP supply for 3 months</li> </ul>	



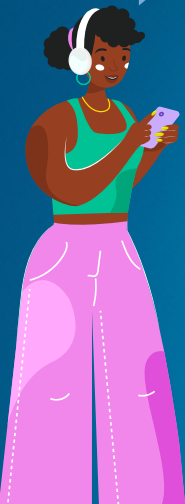
Contraceptive injection	Contraceptive implant	STI treatment
<ul style="list-style-type: none"> <li>• Pregnancy test</li> <li>• Receive your contraceptive injection every 2 months or 3 months</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnancy test</li> <li>• A nurse will insert the implant into your upper arm - the implant lasts for 3 years</li> <li>• If you have any concerns or troubles, you can return to your healthcare provider for a follow-up check up.</li> </ul>	<ul style="list-style-type: none"> <li>• Depending on whether you have an STI and what STI it is, the treatment may differ.</li> <li>• Some STIs can be treated with oral medication while other STIs require an injection or series of injections.</li> </ul>

Month	Service/s				Place (Clinic/Mobile)	Follow-up date	Actual visit date	Notes
	Oral PrEP	Oral FP	FP inject	FP implant				
First Month 0	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 1	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 2	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 3	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 4	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				

Month	Service/s				Place (Clinic/Mobile)	Follow-up date	Actual visit date	Notes
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 5	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 6	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 7	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 8	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 9	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 10	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 11	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				
Month 12	STI: Oral	STI: inject						
	Oral PrEP	Oral FP	FP inject	FP implant				

## 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:



You'll find more information on PrEP, and where you can get PrEP.

Find us on...



@MyPrEPSouthAfrica

Client navigator contact information:

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