

Oral PrEP



What is it?

Oral PrEP (pre-exposure prophylaxis) is a pill taken every day if you are HIV-negative to prevent getting HIV.

1 Oral PrEP is more than 90% effective at preventing HIV when taken as prescribed. It doesn't prevent STIs or pregnancy - so, use condoms and contraception together with oral PrEP.

2 You will only be protected after taking oral PrEP every day for 7 days. You will then need to continue using it every day to prevent HIV.

3 Some people experience mild side effects when they start oral PrEP. These usually go away in a few weeks. Don't stop using oral PrEP, your body will get used to the medication.

4 Don't share your oral PrEP pills with anyone, this is not good for your health or theirs.

5 Oral PrEP is not HIV treatment, it does not need to be taken for life. PrEP should only be taken when you are worried about being infected with HIV.

**WHEN IN DOUBT,
CONSULT YOUR
HEALTHCARE
PROVIDER AND
USE A CONDOM.**



PrEP  **IS
CHOICE**



The PrEP Ring

What is it?

The dapivirine ring (the Ring) is a monthly vaginal ring used if you are HIV-negative to prevent getting HIV.

1 The Ring is 35%* effective at preventing HIV when taken as prescribed (see note below). It is inserted in the vagina and it slowly releases HIV prevention medication (called dapivirine) for 28 days. Then it needs to be removed, and you insert a new ring.

2 The Ring reduces your chances of getting HIV only when you have vaginal sex. The Ring needs to be in your vagina for at least 24 hours before it is effective.

3 You don't need to take out the Ring or clean it, even after sex or during menstruation. The Ring must be worn for the full 28 days to be effective.

4 The Ring helps to prevent HIV. It doesn't prevent pregnancy or STIs; condoms and contraception can be used together with the Ring.

5 The side effects from the Ring are mild and generally go away after a few days without needing to take out the Ring.

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*Note: Further studies have shown the Ring may be over 50% effective if used correctly and consistently



PrEP Injection

What is it?

The PrEP injection is a 2-monthly injection in the bum, used if you are HIV-negative to prevent getting HIV.

1 The PrEP injection is very effective at preventing HIV when taken as prescribed. It is injected in the buttocks and slowly releases HIV prevention medication (called long-acting Cabotegravir) for 2 months. Then you need to return to the clinic for the next injection.

2 You will only be protected 7 days after receiving your first injection.

3 Some people experience mild side effects when they first get the PrEP injections, especially at the place where the injection is given. These usually go away within a short period of time.

4 The PrEP injection prevents HIV. It doesn't prevent pregnancy or STIs; condoms and contraception can be used together with the injection.

5 When you decide to stop using the PrEP injection, you will have to switch to another HIV prevention method for at least 1 year and commit to consistent use.

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IMPORTANT FACTS ABOUT THE RING AND INJECTION

Two new HIV prevention methods are now in some clinics in South Africa. We now have three options: oral PrEP, the PrEP ring and the PrEP injection. You need to know the following:

- ♥ Oral PrEP is available at many clinics in South Africa, but the ring and the injection are only available at a few sites and clinics – they are not everywhere.
- ♥ The PrEP ring and injection are being provided at clinics through implementation studies that are helping to understand how best to provide these methods in South Africa.
- ♥ So... if you want either the ring or injection, you will have to agree to being part of a study. The staff at the clinic will explain this to you in detail.
- ♥ This means that there is only a certain amount of rings and injections available for the time that the studies are being done.

So, even if you decide you would like to use either the ring or the injection and consent to being in a study, at some point in the future, the studies will stop, and these two products may no longer be available for immediate access.

Also, even if you decide in the future (maybe months from now) that you want to take part in a study, there might not be any rings or injections still available. You can, however, still use other HIV prevention methods.

Many different organisations are working with the National Department of Health (NDOH) on a plan for people to access these two methods, but until they are more widely available, you may have to switch to oral PrEP.

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