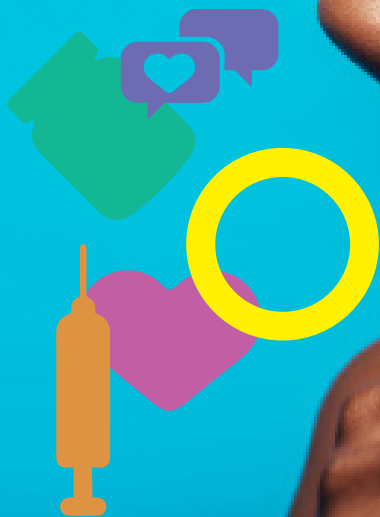


PrEP

know the facts



**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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Where is the information?



This month is my month

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PrEP  **IS**
CHOICE
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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:

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 (pills, or ring), 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 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.
- I will remember the dates of my clinic visits.

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!

PrEP methods to prevent HIV

PrEP methods to prevent HIV

These are methods that make use of medications called antiretrovirals (ARVs), to be taken by HIV negative people to prevent getting HIV before they are exposed to it. Some PrEP methods are available right now, while some will be available soon.



Oral pre-exposure prophylaxis (PrEP) – A pill taken every day to prevent getting HIV from any kind of exposure. You do not need to take PrEP for the rest of your life, just during periods when you feel vulnerable to HIV infection.



Dapivirine ring (PrEP ring) – A flexible silicone ring worn in the vagina and replaced every 28 days to prevent getting HIV during receptive vaginal sex. This is only available at certain sites in South Africa.



CAB PrEP (long-acting cabotegravir) – An injection received every two months to prevent getting HIV from any kind of exposure. This is not yet available in South Africa.

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.

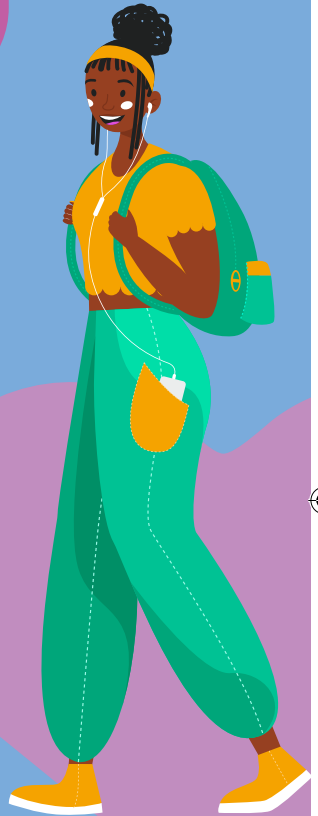
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IMPORTANT TO NOTE ABOUT PrEP METHODS:

You need to do an HIV test before using any PrEP method; levels of effectiveness vary depending on the PrEP method and no PrEP method is 100% effective. That is why a combination approach to HIV prevention, such as using condoms and PrEP, increases HIV prevention effectiveness.



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%.

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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 HIV-negative.
- Oral PrEP is safe!



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▲ Dapivirine Ring

PrEP Ring: DVR[▲]

HOW DOES IT WORK?

The Ring slowly releases the ARV dapivirine into the cells of the vagina providing protection from HIV.

WHAT IS IT?

- The Ring is made of flexible silicone and contains antiretroviral (ARV) medication.
- It is used as protection from HIV.
- The Ring is inserted into the vagina and kept in for 28 days.
- The Ring only provides protection from HIV during vaginal sex.

HOW WELL DOES IT WORK?

When the Ring is kept in place in the vagina for 28 days, it can reduce the likelihood of a woman getting HIV through vaginal sex by 35%* (see note below).

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

WHAT ARE THE SIDE EFFECTS?

- Some Ring users may experience urinary tract infection, discomfort in the vagina or lower part of the belly or itching which are possible side effects of using the Ring.
- These side effects are mostly mild and go away after a few days without needing to remove the Ring.
- Visit your clinic if you continue to experience discomfort while using the Ring.

HOW IS IT USED?

- The Ring is inserted in the vagina and left there for 28 days.
- It is replaced once every 28 days with a new Ring.
- The Ring takes about 24 hours before you have maximum protection - use condoms or abstain during this time.

WHAT YOU NEED TO KNOW:

- The Ring can be worn without your partner knowing.
- The Ring does not interfere with you having sex.
- The Ring is safe to use.

REMEMBER THAT:

- The Ring does not protect against STIs or pregnancy.
- Use condoms and contraception.
- The Ring is for people who are HIV-negative.
- The Ring only provides protection from HIV to a woman during vaginal sex.

SELF-LOVE IS A VIBE!

▪ Long-acting cabotegravir

PrEP injection: CAB-LA[▪]

WHAT IS IT?

CAB-LA is a PrEP injection 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 the PrEP injection slowly releases into the body and blood, protecting the cells in the whole body from being infected with HIV. In most people, the medication starts to protect the cells in the body within one week of the first injection.

HOW WELL DOES IT WORK?

The PrEP injection is more than 90% effective and is the most effective PrEP method we currently have, when used as directed.

WHAT ARE THE SIDE EFFECTS?

The most common side effect so far is soreness at the spot where the medicine is injected. More will be known about possible side effects as further studies are conducted.

A woman with curly hair, wearing a blue shirt, is shouting into a red and white megaphone. The background is a light blue gradient. There are decorative crosshair symbols in the corners of the page.

HOW IS IT GIVEN?

- The medication, CAB-LA is injected into the buttocks by a healthcare provider.
- After receiving your first injection, you have to get another injection after 1 month; then, you only need an injection every 2 months.
- Speak to your healthcare provider before stopping the PrEP injection, as you will have to switch to a different method for up to a year to prevent ARV resistance.

WHAT YOU NEED TO KNOW

- You need to make a commitment to going back to your clinic every 2 months to get another injection.
- The PrEP injection only works for 2 months, so you have to continue with the injections for as long as you need it.
- The PrEP injection is very safe and effective!
- Once you stop using the PrEP injection, you will have to use a different method for up to 1 year.

STARTING A PREP METHOD:

What to expect:	Oral PrEP				PrEP Ring				PrEP Injection									
	Start	M1	M2	M3	M4	Start	M1	M2	M3	M4	M5	Start	M1	M2	M3	M4	M5	
Clinic visits	X	X			X	X	X					X	X		X			X
HIV test	X	X			X	X	X					X	X		X			X
Counseling	X	X			X	X	X					X	X		X			X
PrEP supply	X	At month 1, get enough pills for 3 months, see you in Month 4!				X	X	At month 1, get enough rings for 3 months, see you in Month 4!				X	X		X			X
Support to use	If you need it!				If you need it!				If you need it!									
STI screening & testing	X	X			X	X	X					X	X		X			X
Contraception	If you want it!				If you want it!				If you want it!									
Blood test	Only if needed				Only if needed				Only if needed									

IMPORTANT FACTS ABOUT THE RING AND INJECTION

Two new HIV prevention methods have 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.

Next clinic visit:

DATE	DETAILS

Next clinic visit:

DATE	DETAILS

Next clinic visit:

DATE	DETAILS

Next clinic visit:

DATE	DETAILS

PrEP Choice Pocket Book: May 2024



Scan the QR code to
do the Journey Tool
quiz: find out what
method might work
best for you.

Ask PrEP anything on !

065 869 8031

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