

# PrEP: KNOW THE Facts

ALL THE  
INFO ON HIV  
PREVENTION!



**PrEP** ❤️ **IS  
CHOICE**  
#ICHOOSEME

## Oral pre-exposure prophylaxis *Oral PrEP*

### What is it?

PrEP is a safe, HIV prevention method for HIV-negative people who are vulnerable to HIV. PrEP pills need to be taken daily and help to prevent HIV.

When used consistently and as prescribed, PrEP has been shown to reduce the likelihood of getting HIV by more than 90% among people vulnerable to HIV.

### PrEP is another option for prevention. Prevention options include:

- Condoms
- PrEP
- Counselling
- PEP
- Healthy lifestyles
- Treatment for STIs
- Male medical circumcision
- ART for partners living with HIV

PrEP IS ONLY FOR PEOPLE WHO ARE NOT LIVING WITH HIV.

PrEP IS RECOMMENDED FOR PEOPLE WHO MAY BE EXPOSED TO HIV.



### What is the difference between PrEP, PEP, and ART?

All three contain antiretrovirals in different combinations for different purposes:

- **PrEP** is a pill that has 2 antiretrovirals taken daily to prevent HIV for HIV-negative people.
- **PEP** is taken within 72 hours after exposure to HIV (e.g., after rape) for 28 days to prevent HIV.
- **ART** is a pill that has 3 antiretrovirals for HIV-positive people to reduce the levels of HIV in a person's body.

## But what does PrEP mean?

PRE-BEFORE

EXPOSURE-COMING INTO CONTACT WITH HIV

PROPHYLAXIS-A MEDICINE TO PREVENT INFECTION

So... a medicine you take before you come into contact with HIV, to protect you from HIV.

PrEP is an extra prevention method for HIV negative persons who are affected by HIV.

## Starting PrEP

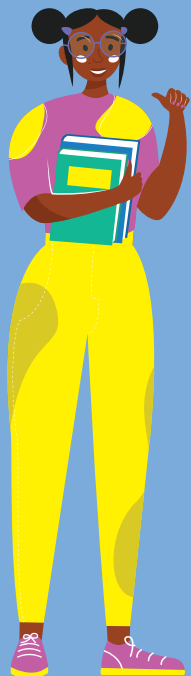
| What to expect?      | First visit    | Month 1        | Every 3 months |
|----------------------|----------------|----------------|----------------|
| HIV test             | ✓              | ✓              | ✓              |
| Counselling          |                | ✓              |                |
| PrEP pills           | 1-month supply | 3-month supply | 3-month supply |
| STI screening        |                | ✓              |                |
| Blood test screening | ✓              |                |                |

SELF-LOVE  
IS A VIBE!

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# Where can I get PrEP?



PrEP is now available in all public primary health care clinics. Visit your closest local clinic if you are interested in protecting yourself using PrEP and condoms, and want to find out more about PrEP, please visit [www.myprep.co.za](http://www.myprep.co.za)

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

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

## PrEP does:



Reduce your risk of HIV infection, by 90%, if taken daily and correctly. It takes up to 7 days to be fully protected.

## PrEP does not:



- Prevent other STIs
- Prevent pregnancy
- Protect you from HIV if you start taking it after exposure. PrEP reduces your risk before exposure.

# Sorry, not sorry, for choosing me!



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

# PrEP IS CHOICE

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