

# I CHOOSE

*Me.*



The info you need to choose the HIV-prevention method that works for you

**PrEP ♥ IS CHOICE**  
#ICHOOSEME

SELF-LOVE IS A VIBE!

Not sorry for being my own number one! I love myself, and want more ways to put my health first.

I live with main-character energy. That's why I choose to know more about the HIV prevention choices I have.

## MY HIV-PREVENTION CHOICES

I choose a PrEP method works for me. I use condoms when I can and always test for HIV and other STIs.



## GIVE ME THE FACTS!

- ♥ PrEP prevents HIV if used correctly and consistently as part of combination prevention.
- ♥ Your friendly healthcare provider will explain to you how PrEP works, and how safe it is to use.
- ♥ PrEP does not prevent pregnancy or other STIs. Always use a condom if you can and choose your contraceptive method.

**REMINDER:** PrEP is only for people who are HIV-negative.

## THE FAQs

(FREQUENTLY ASKED QUESTIONS)

### What is PrEP?

PrEP can come in different forms: a pill, a ring, and an injection. PrEP means Pre-Exposure Prophylaxis. It's a medication that reduces the chance of getting HIV for HIV-negative people.

### Can you get HIV from taking PrEP?

No. The medications in PrEP work to prevent HIV.

### If I take PrEP, does this mean I have to take it for the rest of my life?

No. You do not have to take PrEP for the rest of your life, only when you are worried about HIV. When you are ready to stop, your healthcare provider will support you to do so.

### Does PrEP also protect you against other sexually transmitted infections?

No. It only protects against HIV infection. PrEP does not protect against unintended pregnancy or other STIs, and should be used in combination with condoms and other contraceptive methods.



# Sorry, not sorry, for putting me first!

- Nthabiseng, 23



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

**PrEP ♥ IS  
CHOICE**  
#ICHOOSEME