

PrEP

Know the facts

Taken daily, PrEP is an additional prevention option for HIV-negative people

www.myprep.co.za

WE ARE
THE GENERATION
THAT WILL END
HIV

PrEP is a new, safe, HIV prevention method for HIV-negative people to reduce the risk of becoming infected. 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 risk of HIV infection by more than 90% among people at high risk for HIV infection.

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 HIV-negative.

PrEP is recommended for people at high risk for HIV infection.

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 (eg 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



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



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 at high risk of getting infected with HIV.

PrEP works best when taken daily and used with a condom. In the first 7 days of taking PREP, you are not yet fully protected and need to use a condom too. After 7 days, you need to continue taking PrEP daily.



STARTING PREP...

You can get PrEP from your clinic or a mobile van clinic. This is how it happens:

First visit:

- HIV and blood test screening
- Get your PrEP supply for a month

Month 1 visit:

- HIV test, STI screening and counselling
- Get your 3-month prescription and collect your pills every month

Monthly visit:

Use your prescription to collect your pills every month at your clinic

Every 3 months:

Every 3 months, you return for an HIV test and a new 3-month prescription for PrEP

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.

www.myprep.co.za

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

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.

Acknowledgment: Information adapted from: https://www.cdc.gov/hiv/pdf/prep_gl_patient_factsheet_prep_english.pdf, prepfacts.org and Mia Malan April 2016 - <http://bhekisisa.org/article/2016-04-21-what-you-need-to-know-about-prep>.