

PrEP

Fact Sheet

PREGNANT & BREASTFEEDING WOMEN

Pre-Exposure Prophylaxis

- PrEP is a safe, HIV prevention method that HIV-negative people can use to reduce their chances of contracting HIV.
- Oral PrEP are pills, that need to be taken daily to prevent HIV infection.
- Oral PrEP has been shown to reduce the risk of HIV infection by more than 90% among people who are at high risk for HIV infection, who take their pills daily.
- PrEP is only for people who are HIV-negative.
- PrEP is for anyone who wants to protect themselves from HIV infection.

PrEP is another option for HIV prevention. Your options include:

- Condoms
- PrEP
- Counselling
- PEP
- Healthy lifestyles
- Treatment for STIs
- Male medical circumcision
- ART for partners living with HIV
- Partner testing
- Ante-natal care

Starting PrEP...

- Month 1**
 - Start with an HIV test to confirm your negative status
 - Get your PrEP supply for one month
- Month 2**
 - HIV test
 - Get your 3-month prescription pills for 3 months
- Every 3 months**
 - You will return for repeat HIV test and a new 3-month prescription for PrEP

What does PrEP mean?

Pre = before

Exposure = coming into contact with HIV

Prophylaxis = a medicine to prevent infection

Where can I get PrEP? PrEP is provided at your public PHC clinic or community health care centre. If you want to find out more about PrEP, please visit www.myprep.co.za for more information about health facilities where you can access PrEP or visit a public clinic.

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PrEP during pregnancy



- Unprotected sex increases the chances of contracting HIV.
- If you are pregnant and have unprotected sex the possibility of becoming HIV positive is higher.
- If you become HIV positive whilst pregnant you could pass on the infection to your unborn baby.

To protect yourself and your baby you can:

1 Use a condom

2 Ask you partner to get an HIV test

3 Encourage your HIV positive partner to take ARVs

4 Take ARVs if you are HIV positive

If you are HIV negative, you can also take PrEP!

What you need to know to help you to decide if PrEP is for you:

- PrEP is safe for you and your unborn baby.
- PrEP can protect you from HIV.
- PrEP is easy to take, just one pill a day.
- You can take PrEP without anybody else knowing.
- You can take PrEP if you and your partner who is living with HIV want to have a baby.
- You can continue taking PrEP even when you are breastfeeding.