





REDUCE YOUR RISK OF HIV INFECTION



HIV-negative people who take PrEP every day can lower their risk of HIV infection by more than 90%

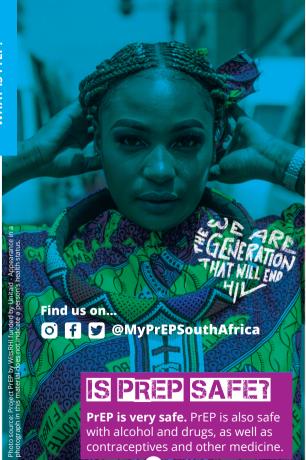
Prep COLOUR INDEX

PAGE NUMBER & COLOUR

What is PrEP	2
PrEP and combination prevention	4
Side effects	6
Starting PrEP	8
Taking PrEP	10
PrEP does not	12
Clinic visits	13

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WHAT IS PREP?

PrEP is the use of anti-HIV medication that keeps HIV-negative people from getting HIV.

HOW OFTEN DO INCED TO TAKE PREP?

You need to take it once a day at more or less the same time. You can take it within a few hours of your normal time - as long as you only take one pill a day.

HOW LONG DOES IT TAKE FOR PREP TO WORK?

It takes up to **7 days** to be fully protected. PrEP must be taken daily!

CANIIGET HIV FROM TAKING PREP?

No, you cannot get HIV from PrEP. The medications in PrEP work to prevent HIV.

Find us on... Of @MyPrEPSouthAfrica **#MyChoice**

IF I TAKE PREP, CAN I STOP USING CONDOMS WHEN I HAVE SEX?

Using condoms is still the best way to prevent HIV infection. Condoms protect against STIs and pregnancy when used correctly and consistently.

PrEP is an extra HIV prevention option and where possible, should be used in combination with other prevention methods:

These methods can be used together according to nour individual needs and circumstances, to provide combination approach to preventing HIV infection:





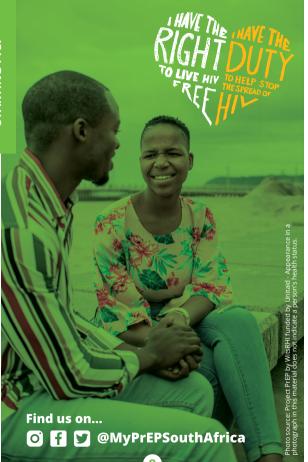
DOES PREP HAVE SIDE EFFECTS?

Some people get mild side effects when they **start PrEP**.

The most common side effects include:

headaches, nausea, vomiting, rash, and loss of appetite.

In most people, these side effects go away after a few weeks.



STARTING PREP

First visit:



HIV and blood test screening



supply for a

One month visit:



HIV test, STI screening

Get your 3-month prescription and collect your pills every month

Monthly visit:



Every 3 months:

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

TAKING Prep

Using PrEP means taking a pill every day! It also means going for regular HIV testing, NO EXCUSES !! PrEP should be used with other HIV prevention methods.

IF I TAKE PREP, DOES THIS MEAN I HAVE TO TAKE IT FOR THE REST OF MY LIFE?

No. It is important that you take PrEP daily while at risk of getting HIV, but when you feel that you are no longer at risk you can talk to your healthcare provider about stopping PrEP.

WHAT IF I WANT TO STOP TAKING PREP?

If you decide PrEP is no longer useful, discuss stopping with a healthcare provider. You will get information for how long after you should continue to make sure you are properly protected.

CAN I TAKE PREP FOR ONE NIGHT ONLY?

No. You need to take the pill once a day for at least 7 days before you are fully protected and then continue taking it.

WHAT HAPPENS IF I MISS A PILL?

If you missed a pill, take it as soon as you remember, and continue to take it every day just like before. Always try to use a condom.



CLINIC VISITS:

DATE	DETAILS

JEXT CLINIC VISI

