

PrEP

The facts.

WE ARE
THE
GENERATION
THAT WILL END
HIV

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

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health

Department:
Health
REPUBLIC OF SOUTH AFRICA



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WHAT PrEP DOES

REDUCE YOUR RISK OF HIV INFECTION

90%

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

PrEP COLOUR INDEX

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WHAT IS PrEP?

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IS PrEP SAFE?

PrEP is very safe. PrEP is also safe with alcohol and drugs, as well as contraceptives and other medicine.

WHAT IS PREP?

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

HOW OFTEN DO I NEED 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!

CAN I GET HIV FROM TAKING PREP?

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

PREVENTION

I HAVE THE RIGHT TO LIVE HIV FREE
I HAVE THE DUTY TO HELP STOP THE SPREAD OF HIV

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#MyChoice

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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 your individual needs and circumstances, to provide a combination approach to preventing HIV infection:



Condoms



PrEP



Counselling



Post-exposure prophylaxis



Healthy lifestyles



Treatment for STIs



Male medical circumcision



ART for partners living with HIV

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#MyResponsibility

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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

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STARTING PREP

First visit:



HIV and blood
test screening



Get your PrEP
supply for a
month

One month visit:



HIV test, STI
screening

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
to the clinic for an HIV
test and a new 3-month
prescription for 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.

PrEP DOES NOT

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.

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CLINIC VISITS:

DATE	DETAILS

NEXT CLINIC VISIT



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Where can I get PrEP?

In South Africa, PrEP is currently available from a limited number of service delivery sites. If you feel you are at risk of getting HIV, and want to find out more about PrEP, please visit:

www.myprep.co.za

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

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