# PrEP 101

## PrEP Basics

PrEP stands for **Pre-Exposure Prophylaxis**

The word "prophylaxis" means to prevent or control the spread of an infection or disease

PrEP can help prevent you from getting HIV if you are exposed to the virus

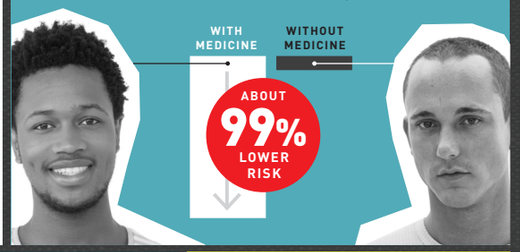
PrEP is an HIV prevention option that works by taking **one pill every day**




## How Does It Work?

**Some of the same medicines prescribed for the treatment of HIV can also be prescribed for its prevention**

In several studies of PrEP, the risk of getting HIV from sex was much lower — about 99% lower — for those who took the medicines consistently than for those who didn't take the pill




When taken every day, PrEP can provide a high level of protection against HIV, but, only condoms protect against other STDs like syphilis and gonorrhea

People who use PrEP should take the medicine every day and return to their health care provider every 3 months for follow-up and prescription refills

**SIDE EFFECTS**

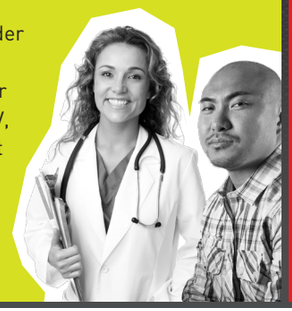
Some people in clinical studies of PrEP had early side effects such as an upset stomach or loss of appetite, but these were mild and usually went away in the first month. Some people also had a mild headache. No serious side effects were observed. You should tell your health care provider if these or other symptoms become severe or do not go away.

# PrEP Access

## How Can I Start PrEP?

**Talk** with your doctor or health care provider to determine if PrEP is right for you

If you and your health care provider agree that PrEP might reduce your risk of getting HIV, he or she will test you for HIV and other sexually transmitted diseases



**Your health care provider will also test to see if your kidneys are working well**

If PrEP is a good option for you, your health care provider will give you a **prescription**

## How Do I Pay for PrEP?

**PrEP is covered** by most insurance programs



If you do not have insurance, your health care provider can direct you to medication assistance programs that may help pay for PrEP

You can also contact your local health department and HIV/AIDS service organizations for more information

**Start Talking. Stop HIV.**

/StartTalkingHIV /StartTalkingHIV

# Is PrEP Right For Me?

## I am thinking about PrEP to prevent HIV. What now?

**Do your research.** Seek out information to help you decide

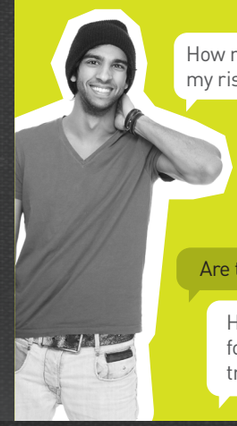
*cdc.gov/hiv/basics/prep.html*

**Make a list** of why you think PrEP would be right for you

**Talk to your health care provider** if you have more questions



## Frequently Asked Questions

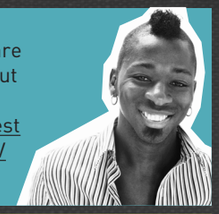


- Would PrEP be a good option for me?
- How much would PrEP lower my risk of getting HIV?
- What else can I do to lower my risk of getting HIV?
- Will the daily pill work for my routine?
- Can I get help paying for PrEP?
- Are there any side effects to PrEP?
- How often will I be tested for HIV and other sexually transmitted diseases?
- Will you prescribe and manage PrEP for me?

## If you decide PrEP is right for you

Take your pill every day

Follow your health care provider's advice about how to take your pill. This will give it the best chance to prevent HIV



Tell your health care provider if you have trouble remembering to take your pill or want to stop PrEP

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## GET INFORMED.

## MAKE THE RIGHT CHOICE FOR YOU.



# YOU ARE IN CONTROL

# ARE YOU READY FOR PrEP?



Start Talking. Stop HIV.

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LET'S STOP HIV TOGETHER

CDC

DEPARTMENT OF HEALTH & HUMAN SERVICES, USA

Learn more by visiting cdc.gov/StartTalkingHIV