

PEP: post-exposure prophylaxis

to protect you from HIV infection after you've been exposed



What is PEP?

"PEP (post-exposure prophylaxis) means taking medicine to prevent HIV after a possible exposure."
PEP must be started ASAP within 72 hours of possible exposure to HIV.

Why take PEP?

Talk to a healthcare provider about PEP if you think you've recently been exposed to HIV during sex (ex: if the condom broke), through sharing needles, syringes, or other equipment to inject drugs (ex: cookers), or if you've been sexually assaulted.



How long do you take PEP?

Once you start PEP, you will take it daily for **28 days**.

Paying for PEP

Depending on why you are prescribed PEP, you may qualify for free or low-cost PEP. Some clinics may offer it for free.



Get PEP from your healthcare provider, a free clinic, or thru telemedicine.



PEP is to be used in cases of emergency.



It should not be used regularly, in place of other HIV prevention methods (like barrier methods), nor is it suitable for people who are frequently exposed or are exposed on an ongoing basis.

HOW EFFECTIVE IS PEP?



If taken within 72 hours after possible exposure, PEP is **highly effective** in preventing HIV.



PEP is safe but might cause side effects like nausea for some people. Side effects are almost always treatable and not life-threatening.

ARE THERE SIDE EFFECTS?

PREP: pre-exposure prophylaxis

to protect you from contracting HIV before you've been exposed



PREP OPTIONS

WHAT IS PREP?

"PrEP (pre-exposure prophylaxis) can reduce your chance of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV." (CDC)

Truvada



Truvada is for people at risk via sex **or** injection drug use.

Descovy



Descovy is for people at risk via sex. It is **not** for people assigned female at birth who are at risk for HIV via vaginal sex.

Apretude



Apretude is the **only** shot approved for use as PrEP. It is for people at risk via sex who weigh at least 77 lbs/35 kg.

Potential side effects: diarrhea, nausea, headache, fatigue, and/or stomach pain

Reasons to stop taking PrEP:

- your level of risk changes
- you often forget your pills
- you can't get your shots routinely
- you no longer want to
- side effects are interfering with daily life
- your body doesn't respond safely to PrEP

Why take PrEP?

You are at risk of contracting HIV due to potential exposure from a sexual partner, (whether their status is unknown or they are HIV positive) or due to potential exposure from injectable drug use.

HOW EFFECTIVE IS PREP?

For people at risk via sex, when taken correctly and as prescribed, PrEP reduces the risk of HIV by **99%**.



For people at risk via injectable drug use, when taken correctly and as prescribed, PrEP reduces the risk of HIV by about **74%**.



For **receptive anal sex**, PrEP pills provide maximum protection from HIV after about **7 days** of daily use.

For **receptive vaginal sex** and **injection drug use**, PrEP pills provide maximum protection after about **21 days** of daily use.



HOW LONG UNTIL PREP WORKS?