

PrEP

&

PEP

**NEW
WAYS TO
PREVENT
HIV**



NYC
Health

A photograph of two men in a library. One man is leaning over the other, looking at a book. The background shows bookshelves filled with books. A pink graphic element is overlaid on the image.

PrEP

**Protect yourself
from HIV every day**

PrEP

- If you are HIV-negative and concerned about exposure to HIV, **PrEP** may be right for you.
- **PrEP** is a daily pill that can protect you from HIV as long as you take it every day.
- Condoms provide additional protection against HIV, most sexually transmitted infections (STIs) and unintended pregnancy.

PrEP = Pre-exposure Prophylaxis
Prophylaxis = Prevention



PrEP

**Share the Night,
*Not HIV***

Daily PrEP to prevent HIV

- **PrEP** (Pre-exposure Prophylaxis) is a daily medicine (taken as a pill) that helps you stay HIV-negative.
- If you take PrEP *every day*, as prescribed, it greatly *reduces* your risk of HIV.
- Condoms provide additional protection against HIV and other sexually transmitted infections (STIs), even while you take PrEP.

PrEP is for people at risk of HIV

- PrEP can protect people who are HIV-negative and are:
 - At risk of being exposed to HIV through sex or injecting drugs
 - Ready to take a daily pill
- PrEP has been shown to work for gay and bisexual men, heterosexual women and men and people who inject drugs, and is also likely to benefit transgender women.
- PrEP can help protect anyone whose partner has HIV.



More about PrEP

- If you regularly worry about HIV, ask your doctor if PrEP may be right for you.
- PrEP protects people who are HIV-negative. You'll have to take an HIV test before starting PrEP. You may have to take other tests to make sure it's safe for you to use PrEP.
- While you are on PrEP, you will need to see a health care provider for regular check-ups and HIV tests.



PEP

**Prevent HIV
after exposure**

PEP

- If you are HIV-negative and exposed to HIV, **PEP** can stop HIV before it infects your body.
- **PEP** is an *emergency* medicine you take **right after** you are exposed to HIV.

PEP = Post-exposure Prophylaxis

Prophylaxis = Prevention



PEP

PEP Kept Me
HIV —

Emergency PEP to prevent HIV

- With **PEP** (Post-exposure Prophylaxis), you begin taking pills to stop HIV infection **right after** you are exposed to HIV.
- PEP can stop HIV if started within 36 hours of exposure. You continue taking PEP for 28 days.
- PEP can protect you in an emergency—for example, if you had anal or vaginal sex without a condom with someone who has or might have HIV. PEP can also stop HIV if you were exposed while injecting drugs.

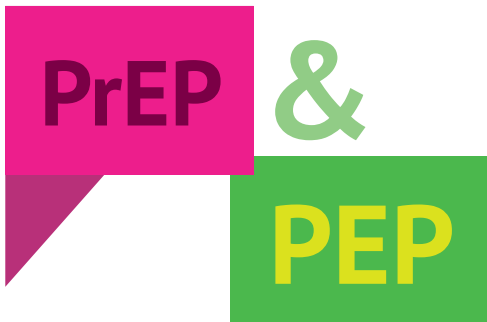
PEP works best if started right away

- If you think you were exposed to HIV, *immediately go* to a clinic or emergency room and **ask for PEP**.
- You should begin PEP *as soon as possible*.
- PEP works best if you take it for the full 28-day course. Do not stop taking PEP without talking to your doctor.



More about PEP

- PEP protects people who are HIV-negative. You'll have to take an HIV test before starting PEP.
- PEP can cause mild side effects, especially at the beginning of treatment.
- When you finish PEP, you will take another HIV test to make sure that PEP worked.



Many insurance plans (including Medicaid) cover PrEP and PEP. Assistance may be available if you are uninsured.

For more information, call **311**
or visit **nyc.gov** and search “HIV PrEP and PEP”

