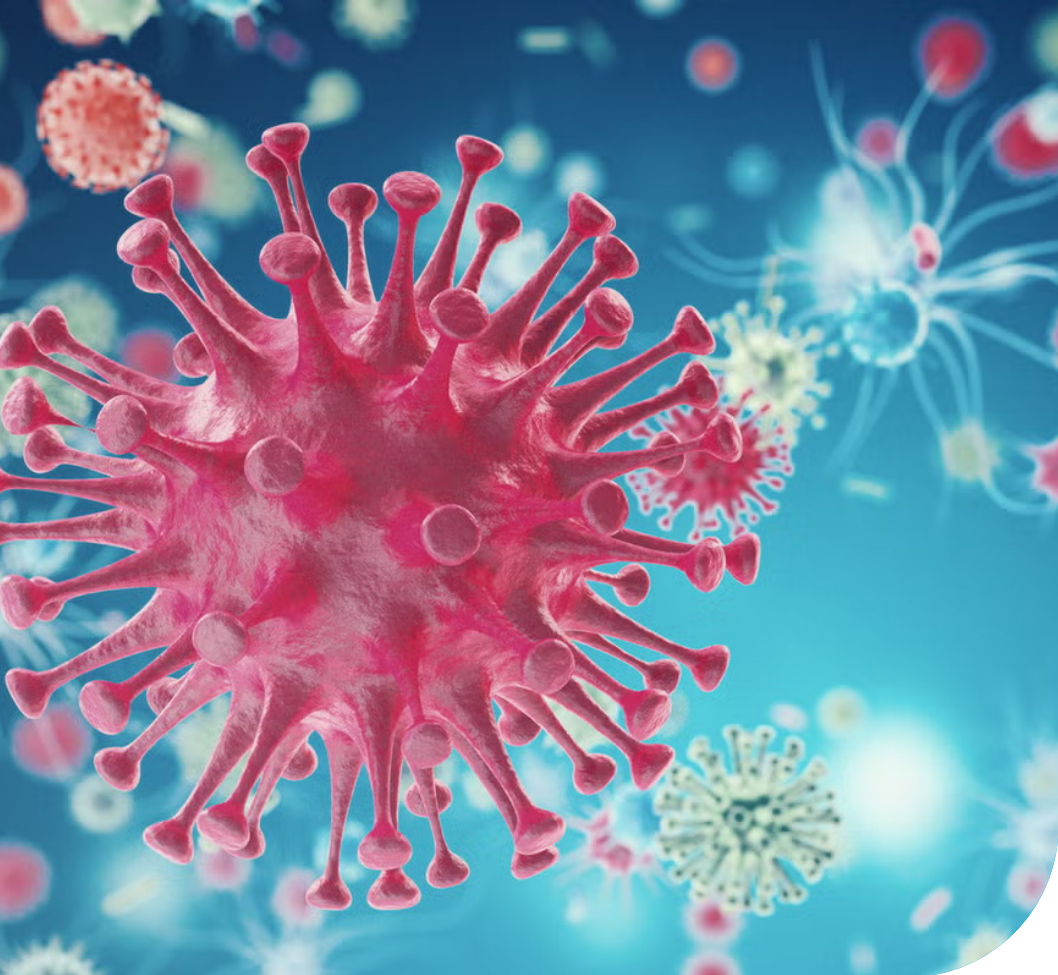


YOUR GUIDE TO PrEP (PRE-EXPOSURE PROPHYLAXIS TO PREVENT HIV)





WHAT IS PrEP?

PrEP stands for Pre-Exposure Prophylaxis. It's a simple way to protect yourself from HIV. By taking a daily pill or receiving twice-yearly injections, people who are HIV-negative can significantly reduce their risk of acquiring HIV. PrEP is safe, easy to use, and very effective when taken correctly.

WHY SHOULD I CONSIDER PrEP?

PrEP is a good option if you:

- Don't always use condoms
- Have been diagnosed with a sexually transmitted infection (STI)
- Have multiple sexual partners
- Inject drugs or share needles
- Have a partner who is living with uncontrolled HIV infection

HOW DO I TAKE PrEP?

PrEP is usually taken once a day, every day. It's important to take it regularly to make sure it works effectively. Some people may use PrEP only during periods when they may be at increased risk of HIV exposure. Some people may prefer to receive twice-yearly injections. Ask your doctor about what might work best for you.

IS PrEP SAFE?

Yes, PrEP is very safe for most people. Like any medicine, it can cause mild side effects, such as nausea or headaches, although these usually resolve within a few days. Your healthcare team will do regular check-ups to ensure PrEP is working well for you. If you are a woman of childbearing age, you will need to have a pregnancy test and have further discussions with your healthcare team about your PrEP choices.

HOW DO I GET PrEP?

To start PrEP, you'll need to see an HIV specialist. They will:

- Talk with you about your needs
- Do a few tests to check your HIV status and overall health
- Give you a prescription and explain how to take PrEP

You'll also have regular follow-up appointments every few months to stay healthy and protected.

DOES PrEP PROTECT AGAINST OTHER INFECTIONS?

PrEP only protects against HIV. It doesn't prevent other sexually transmitted infections such as gonorrhoea or chlamydia. Using condoms along with PrEP gives you even more protection.

Protect yourself. Stay informed. Take charge of your health.

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