

# Keeping Yourself Protected From HIV With PrEP



There are many different ways to help protect against an HIV infection, including regular use of condoms and lubricants. In recent years, advancements have led to the availability of new strategies that can help prevent HIV infections.

One of these strategies is pre-exposure prophylaxis, or “PrEP.”

## What is PrEP and what can it do for you?

- PrEP is an HIV prevention option in pill form. These are the same medications used to treat people with an HIV infection.
- PrEP is for people not living with HIV and can help prevent HIV infection if taken properly.
- PrEP must be taken daily in order to be most effective.
- PrEP is even more effective when combined with regular use of condoms.



PrEP is a new prevention method in which **people who do not have HIV infection take a pill daily to reduce their risk** of becoming infected.

## How long should someone be on PrEP?

- The duration of a PrEP regimen will depend on you, your behaviors, and your provider’s recommendations.
- For receptive anal sex, PrEP reaches maximum protection after roughly 7 days of daily use, and after roughly 20 days of daily use for receptive vaginal sex and injection drug use.
- PrEP stops working when not taken regularly, so maximum protection requires daily use.
- PrEP is about taking charge of your health.

## What can PrEP not do for you?

- PrEP is NOT a vaccine for HIV.
- Taking PrEP is NOT a substitute for using condoms, lubricants, or other forms of protection during sex.
- PrEP does NOT prevent pregnancy or other sexually transmitted infections, like chlamydia or gonorrhea.
- PrEP can only be used by individuals who are HIV negative.

## Does PrEP work?

- When taken according to the regimen prescribed by a provider, PrEP can be very effective.
- Among men who have sex with men, studies displayed that daily use reduces the risk of HIV infection by 73% or more, and up to 92% for some people.
- Among men and women with partners who are HIV positive, daily use can reduce the risk of an HIV infection by up to 90%.
- Among people who inject drugs, daily PrEP use can reduce the risk of an HIV infection by roughly 70%.



**Birth control pills to prevent pregnancy**



**Flu shots before winter season each year**



**Using an inhaler before exercising to prevent asthma**



**PrEP to prevent HIV**