

TAKE CHARGE! TAKE PrEP

Did you know PrEP is an option for women?

What is PrEP (pre-exposure prophylaxis)?

PrEP is medicine that can prevent HIV. When taken as prescribed, PrEP reduces the risk of getting HIV from sex by about 99%. For people who inject drugs, PrEP reduces the risk of getting HIV by at least 74%.

How does PrEP work?

When taken as prescribed, PrEP medicine lowers the chance of getting HIV from sex and drug use by stopping HIV from taking hold and spreading throughout the body.

Is PrEP right for me?

PrEP is for you if:

- You don't have HIV
- You're sexually active or plan to be sexually active
- You have had anal or vaginal sex in the past 6 months, and if any of these apply to you:
 - don't always use a condom
 - have a sexual partner with HIV
 - have an injection partner with HIV
 - have been prescribed PEP (post-exposure prophylaxis) and have used PEP multiple times
 - have had a sexually transmitted infection (STI) in the past 6 months
 - inject drugs - share needles, syringes, or other injection equipment



How do you take PrEP?

There are 3 types of PrEP approved for women:

- **EMTRICITABINE/TENOFOVIR** (sold under the brand name Truvada): a once-a-day pill for people at risk for HIV through sex or injection drug use.
- **CABOTEGRAVIR** (sold under the brand name Apretude): a shot given by a healthcare professional every other month. Cabotegravir is not recommended for people who inject drugs.
- **LENACAPAVIR** (sold under the brand name Yeztugo): a shot given by a healthcare professional every 6 months.

It is always important to take PrEP and any medicine as explained by your healthcare provider. Ask your healthcare provider which treatment is best for you.

How do I start taking PrEP?

Your healthcare provider can help you get started on PrEP. You will first take a test to make sure you don't have HIV. Once on PrEP, the provider or clinic staff member will help you make follow-up appointments for HIV tests and make sure you have prescription refills for pills or will schedule your shots.

Are there any side effects?

PrEP is safe. Some people who take it can have side effects like nausea, diarrhea, headache, exhaustion, and stomach pain. These side effects are typically not serious and go away on their own.

How do I pay for PrEP?

Most health insurance plans and Medicaid programs will pay for PrEP. If you don't have insurance or Medicaid, there are programs that can get you on PrEP at no cost or a lower cost. Visit these sites to see if you're eligible:

- nastad.org/prepcost-resources/prep-assistance-programs for information about state PrEP assistance programs
- gileadadvancingaccess.com for information about paying for the daily oral pill Truvada or the twice-yearly Yeztugo injection
- viivconnect.com for information about paying for Apretude injections every other month



Does PrEP protect against other sexually transmitted infections (STIs)?

No. PrEP only protects you from getting HIV but not from getting other STIs such as gonorrhea, chlamydia, syphilis, herpes, and HPV, or other types of infections. By adding condoms, you will lower your risk of getting other STIs.

What if I'm thinking about getting pregnant?

PrEP may be an option to prevent you and your baby from getting HIV while you try to get pregnant, during pregnancy, or while breastfeeding. Talk to your healthcare provider for more information.

What is post-exposure prophylaxis (PEP) and how is it different from PrEP?

PEP is medicine that prevents HIV after a possible exposure from sex or injection drug use. PEP must be started within 72 hours (3 days) after a recent possible exposure to HIV. If you're prescribed PEP, you'll need to take it daily for 28 days. PEP is different from PrEP because the medication is taken right AFTER an act that can lead to HIV exposure, while PrEP is medication taken BEFORE an act that can lead to HIV exposure. Talk to your doctor, emergency room doctor or urgent care practitioner right away about PEP if you think you were recently exposed to HIV:

- during sex (for example, if the condom broke),
- if you've had condomless sex with someone with HIV or unknown HIV status,
- through sharing needles, syringes, or other equipment to inject drugs, or
- if you've been sexually assaulted.

PEP, like PrEP, is safe but may cause side effects.

TAKE PrEP & TAKE CHARGE
*show yourself
some love*



Visit **ENDHIVNJ.ORG/PrEP4WOMEN**
for clinical references and more information.