

PrEP

THE ONE
GENERATION
THAT WILL END
HIV



TAKEN DAILY, PrEP IS AN EXTRA
PREVENTION OPTION
FOR HIV-NEGATIVE PEOPLE



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

**REDUCE
YOUR
RISK
FOR HIV**

90%



**HIV-negative
people who
take PrEP every
day can lower
their risk of HIV
by more than 90%**

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WE ARE
THE GENERATION
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HIV

Is PrEP Safe?

PrEP is very safe. PrEP is also safe with alcohol and drugs, as well as contraceptives and other medicine.



What is PrEP?

PrEP is the use of anti-HIV medication that keeps HIV-negative people from getting HIV.



How often do I need to take PrEP?

You need to take it once a day at more or less the same time. You can take it within a few hours of your normal time - as long as you only take one pill a day.



How long does it take for PrEP to work?

It takes up to **20 days** to be fully protected. PrEP must be taken daily!



Can I get HIV from taking PrEP?

No, you cannot get HIV from PrEP. The medications in PrEP work to prevent HIV.

PREVENTION

I HAVE THE RIGHT TO LIVE HIV FREE
I HAVE THE DUTY TO HELP STOP THE SPREAD OF HIV

#endHIV



If I take PrEP, can I stop using condoms when I have sex?

Using condoms is still the best way to prevent HIV infection. Condoms protect against STIs and pregnancy when used correctly and consistently.

PrEP is an extra HIV prevention option and where possible, should be used in combination with other prevention methods:

These methods can be used together according to your individual needs and circumstances, to provide a combination approach to preventing HIV infection:



Condoms



PrEP



Counselling



Post-exposure prophylaxis



Healthy lifestyles



Treatment for STIs



Male medical circumcision



ART for partners living with HIV



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H/I



Does PrEP have side effects?

Some people get mild side effects when they **start PrEP**.

The most common side effects include:

nausea, headache, tiredness, diarrhoea, depression, abnormal dreams, vomiting, rash, problems sleeping, and changes in appetite.

In most people, these side effects go away after a few weeks.



STARTING PrEP

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Starting PrEP

First visit:



HIV and blood test screening



Get your PrEP supply for a month

One month visit:



HIV and blood test screening

Get your 3-month prescription and collect your pills every month

Monthly visit:



Use your prescription to collect your pills every month at your clinic

Every three months:

Every 3 months, you return for an HIV test and a new 3-month prescription for PrEP



PrEP means taking a pill every day and going for regular HIV testing, NO EXCUSES 😊! PrEP should be used with other HIV prevention methods.

If I take PrEP, does this mean I have to take it for the rest of my life?

No. It is important that you take PrEP daily while at risk of getting HIV, but when you feel that you are no longer at risk you can talk to your healthcare provider about stopping PrEP.

What if I want to stop taking PrEP?

If you decide PrEP is no longer useful, discuss stopping with a healthcare provider. You will get information for how long after you should continue to make sure you are properly protected.

Can I take PrEP for one night only?

No. You need to take the pill once a day for at least 20 days before you are fully protected.

What happens if I miss a pill?

If you missed a pill, take it as soon as you remember, and continue to take it every day just like before.

PrEP DOES NOT:

- Prevent other STIs
- Prevent pregnancy
- Protect you from HIV after exposure, PrEP reduces your risk before exposure

CLINIC VISITS:

NEXT CLINIC VISIT

DATE	DETAILS

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Where can I get PrEP?

Currently in South Africa PrEP is being provided through a limited number of service delivery sites. If you feel you are at risk of getting HIV, and want to find out more about PrEP, please visit or call:

