

# PrEP

WE ARE THE  
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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## 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

#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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## 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

#endHIV

# 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:

