

BE READY WITH  
**PrEP**  
FACT SHEET



Having sex is a normal and natural practice. Sex feels good, but unsafe sex can be dangerous.

**It's easy to stay safe if you PrEP for protection.**

## HELPFUL TERMS:

### ART

Antiretroviral treatment (ART) is the use of combination of HIV medicines to treat HIV infection.

### ARVs

Antiretrovirals (ARVs) is the medication used to treat the virus that causes HIV.

### HIV

Human immunodeficiency virus.

### PrEP

Pre-exposure prophylaxis.

### Prophylaxis

To prevent or control the spread of an infection or disease.

### PEP

Post-exposure prophylaxis.

### STIs

Sexually transmitted infections.



## What is HIV?

HIV is a virus. It attacks and destroys certain cells in your body that defend against infection. Without these cells, your body cannot fight germs and diseases. HIV infection can lead to AIDS, the final stage of HIV infection. People may not know they have HIV until they are tested. An HIV test can tell if you have the virus.

## How does one get infected with HIV?

You can get HIV through:

- ♦ having unprotected sex with a partner who is HIV + ve or whose HIV status you do not know.
- ♦ mother to child transmission.
- ♦ sharing needles or syringes with someone else.

## PrEP WHAT?

PrEP Stands for pre-exposure prophylaxis. It is an HIV prevention medicine, which comes in the form of a pill taken daily. It is highly effective against HIV when taken everyday.

**PrEP is not the same as PEP.** PrEP is taken before possible HIV exposure to prevent HIV infection, whereas PEP is taken after possible HIV exposure in order to prevent HIV infection.

PrEP will play a major role in helping to **reduce** the number of new **HIV infections**.

The Ministry of Health aims to raise PrEP awareness and promote its use.



# PrEP WHO?

PrEP would be a good option for you to consider if you are HIV-negative, concerned about HIV prevention and within the last six months you have had:

- ◆ Unprotected sex with a partner whose HIV status you don't know.
- ◆ Unprotected sex with an HIV positive partner who is not on effective ART.
- ◆ a history of sexually transmitted infections (STIs).
- ◆ shared injection drug equipment (e.g. needles and syringes).





## PrEP WHY?

- ✓ Easy to use
- ✓ Safe and highly effective
- ✓ Fits easily into your lifestyle
- ✓ Safe to use during pregnancy and breastfeeding
- ✓ Safe to use by women taking contraceptives
- ✓ Allows you to be in control of your sexual health

## PrEP HOW?

For it to be fully effective, PrEP must be **taken every day** and as instructed.

PrEP reduces the risk of HIV infection by **MORE THAN 90%**.

PrEP can cause mild side effects, such as nausea, but such side effects are usually short-lived.

**LESS THAN 1 in 10** people experience side effects.

## PrEP WHERE?

PrEP is being rolled out across the country at **selected clinics and sites** where it will be **provided FREE** of charge by trained health care providers. The Ministry of Health is working with partners to make PrEP available throughout Zambia.

If you are interested in PrEP you will need to visit a designated clinic where you will get HIV counselling and be required to have an HIV test. If the test result is negative, you could start PrEP on the same day. If the test result is positive, then you will be offered antiretroviral treatment (ART), to keep you healthy.

PrEP users will be required to re-visit the clinic every three months where their health and HIV status will be monitored.



## PrEP WHEN?

It takes time for the PrEP medicine to build up in your body and start working (a minimum of seven days for men and 21 for women). **For it to continue working, it is important to take your PrEP pill daily even after the time period mentioned above.** The Ministry of Health recommends that people taking PrEP should **also use other HIV prevention methods** in order to **further reduce** the risk of HIV infection. These include:

- ◆ Correct and consistent use of condom (they also prevent other sexually transmitted infections (STIs) and unplanned pregnancy).
- ◆ Voluntary medical male circumcision.
- ◆ Treatment for STIs.
- ◆ ARVs for HIV-positive sexual partners.

PrEP does not prevent pregnancy or contracting other STIs.





## PrEP to stay safe #PrEPforProtection

If you think that PrEP is the right option for you then visit your nearest clinic.

Dial \*573# for more information about PrEP and to find the location for your nearest clinic.

## For more information

Dial \*573# or visit [www.ZambiaEndingAIDS.org](http://www.ZambiaEndingAIDS.org)

Unless otherwise stated, the appearance of individuals in this product gives no indication of either sexuality, or HIV status



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