

# Congrats!

**Congratulations! You are joining many young people around the world who are taking PrEP to protect themselves from HIV and to keep their relationships strong and healthy.**

**Feeling anxious about taking PrEP while pregnant? No worries! PrEP is safe to take before, during, and after pregnancy. PrEP will not affect your ability to get pregnant when you are ready.**

**Breastfeeding? Good news! PrEP will not change the amount, quality, or taste of breastmilk.**

**Taking other medicines or vitamins? No worries! PrEP is safe to take with most other medications and vitamins. Let your health care provider know what else you are taking.**



# Welcome to



**HIV Negative Generation**



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# Make it a Habit

Pair taking your pill with something you do every day

Set a daily alarm



Take it when you bathe



Do not forget



PrEP

Put a reminder note where you will see it



When you brush your teeth



During your favourite show

I will take PrEP every day when...

Women need to take oral PrEP for 7 days before it becomes fully protective.

If you forget to take a pill for a day or two, take it again when you remember, then keep taking it as advised.

PrEP works best when you take it as prescribed.

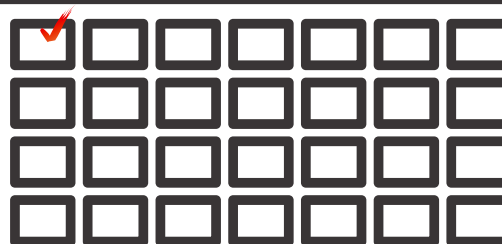
# My Plan

I'm taking PrEP because...

What will get in the way of taking PrEP every day?

Who can I count on for support while taking PrEP?

Mark that you took your pill!



# Managing Side Effects

Most people experience no side effects while taking PrEP. For some people (only about 1 in 10), however, PrEP can cause some mild side effects.

For most people they go away after 1-2 weeks. Some people experience:

- Upset stomach or nausea
- Headaches and tiredness
- Diarrhoea

If your stomach gets upset, try taking your pill with food or at night.

If these symptoms do not go away, talk to your health care provider.

Kidney problems are possible but extremely rare.

# Tips for talking about PrEP

- Keep it supportive! PrEP really works and you want to have an HIV-free future!
- If your friends and family members express concerns or fears about you taking PrEP, it's important to listen to make sure they feel heard.
- Reassure them that the decision to use PrEP is to protect your health, relationships, and future goals.
- If your partner is concerned about PrEP, reassure them that taking PrEP is for the strength and health of your relationship.