

I choose to be supportive

"Every day she uses PrEP, she's taking care of both of us."

Follow us to find out if PrEP is right for you.













projecthopeorgnamibia

PHNamibia1

"One pill a day is all it takes to keep us on the right track. PrEP gives us peace of mind so we can focus on the big things"

Follow us to find out if PrEP is right for you.











"She can use PrEP and we can still work towards our future."

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**#PrEP. For you. For me.** 











PHNamibia1



is a pill that when taken every day will help you stay **HIV** negative

PrEP is right for you.











Support your girl

if she chooses to use PrEP

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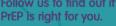






















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## What is PrEP?

PrEP stands for "pre-exposure prophylaxis." PrEP is a small pill that helps HIV negative people stay HIV negative. PrEP can be taken at any time of day, with food or without food.

PrEP

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If you take PrEP daily, the presence of the medication in your blood and tissues can stop the virus from establishing itself in your body.

PrEP

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Taking PrEP as directed lowers your risk of HIV by more than 90%.

## How long does PrEP take to work?

It takes about 7 days for anal sex and 21 days for receptive vaginal sex for PrEP to achieve protection levels.

PrEP

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