



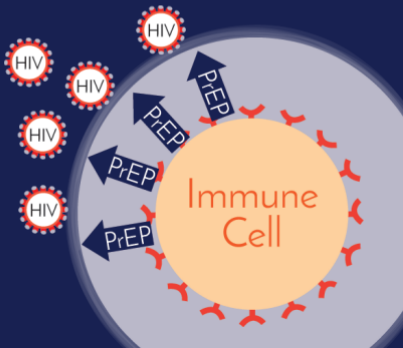
# What you need to know about oral PrEP



# What is PrEP and how does it work?

- PrEP is a daily pill to prevent HIV infection
- PrEP does not cure HIV, It is a new and very safe way for HIV-negative people to prevent becoming infected with HIV.
- PrEP DOES NOT prevent any other sexually transmitted infections or pregnancy.

- PrEP works by protecting your immune cells (CD4) from being infected with HIV.



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

- You should still use condoms to prevent HIV infection in addition to using PrEP.
- Condoms protect against STIs and pregnancy when you use them correctly.



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

male condom



female condom



no penetrative sex



STI treatment



partner reduction



male circumcision



# Who can take PrEP?

- HIV-Negative
- At risk for HIV
- 16 years or older
- Willing to take PrEP daily
- Able to attend follow-up visits

## Can I use alcohol while on PrEP?

- PrEP does not interact with and is safe to use with alcohol or recreational drugs.
- However, excessive alcohol use can cause other health problems.
- You should discuss any use of alcohol and drugs with your health care worker.

## How much will PrEP cost?

There is no cost to you for the pills and labs tests for PrEP.

## Is PrEP Safe? What side effects might I experience?

- PrEP is safe and 90% effective at preventing HIV infection when taken daily. If you do not take it daily, it will become less effective.
- About 10% of people who start PrEP will have some short-term, mild side-effects, like a headache or nausea, but usually they go away in a few weeks.



# What should I do when experiencing side effects?

- Talk to your health care provider.
- Most side effects are annoying but will disappear.
- Your health care provider will work with you to manage any side effects.



What is the process to start PrEP and how often do I need to come for follow-up visits?

1 Understand HIV risk & do an HIV test



**2** Eligibility screening  
with blood test



**3** If eligible, get 1 month  
of PrEP pills



**4** Return for follow-up  
visits every 2-3 months

## How do I take PrEP?

- You must take PrEP every day.
- If you forget, take it as soon as you remember but do not take more than two pills per day.
- PrEP pills can be taken any time of day, with or without food.

- Additional HIV prevention measures should be taken for **seven days** after starting PrEP until you have maximum protection.
- Your pills are for you **ONLY**. Please do not share them with anyone else



## Can I use PrEP and contraception together?

Yes, PrEP can be safely taken with any kind of contraception.

## Can I use PrEP while pregnant or breastfeeding?

PrEP is also safe to take during pregnancy and breastfeeding.



# Do I need to take PrEP forever?

- People taking PrEP may not need to take it all their lives.
- PrEP should be used while you are at risk of HIV infection.
- Your risk may change over time as circumstances change -- these are what are sometimes called “**seasons of risk**”.
- You may choose to stop using PrEP at certain times and to start again as your situation changes.

# What if I want to stop PrEP?

- You should take PrEP as long as you are at risk for HIV.
- If you want to stop PrEP, you must take the pills for **28 days after your last exposure** to HIV.

Start  
PrEP



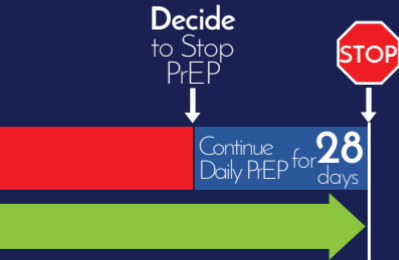
**7** days

**Season of Risk for HIV**  
Continue Daily PrEP

PrEP is protecting you



- If you decide later to take PrEP again, you can return to the health facility.
- A healthcare worker will check your HIV risk again to make sure you are still eligible to restart PrEP.



## My partner is HIV-positive. When should I use PrEP?

- PrEP can be a good way for couples to make sure that the partner who is HIV-negative stays HIV-negative.

You can take PrEP while your

- HIV-positive partner is not on ART. You should continue to take the PrEP pills for **at least 6-months after your partner starts using ART.**

- Your partner should have a viral load test done after 6 months of ART.
- If the viral load is suppressed, you may be able to stop PrEP.
- In this case, you want to be sure your partner is taking their ART daily and then remains virally suppressed.
- If an HIV-negative woman wants to have a baby with an HIV-positive partner, PrEP can be used to prevent HIV infection while trying to get pregnant.

## **Can I get HIV from taking PrEP?**

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

## **Can I take PrEP for one night only?**

No, you need to take the pill once a day for at least 7 days before you are fully protected. You will also need to continue PrEP for 28 days after your last exposure to HIV.

## Will PrEP cause drug resistance?

- Taking PrEP will not cause drug resistance as long as you stay HIV-negative.
- It is important that you take PrEP every day to be fully protected while at risk and have an HIV test done at every follow-up visit.
- If you do become HIV-positive you will need to be switched to full ART to prevent drug resistance.

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