

## Considering PrEP?

Anyone considering PrEP, (daily or event-driven) should discuss this with their health care provider.

**Let us end AIDS now!**



Talk to your healthcare provider about PrEP today.



## Pre-Exposure Prophylaxis (PrEP)

**Together we can  
reduce new HIV  
infections.**

### **Contact**

Your National AIDS Programme  
Ministry of Health  
Healthcare Provider

## What is Pre-exposure Prophylaxis (PrEP)?



Pre-exposure Prophylaxis (PrEP) is the use of antiretroviral (ARV) drugs by persons without HIV infection to prevent the acquisition of HIV. It can be taken daily (also known as Daily Oral PrEP) or on-demand (also known as Event-driven PrEP or On-demand PrEP).

It is an effective prevention strategy that is recommended to reduce HIV infections, especially in Men who have sex with men (MSM), Sex Workers and the Transgender population.

PrEP should not replace or compete with effective and well-established HIV prevention interventions, such as comprehensive condom programming for Sex Workers, MSM, Transgender persons and harm reduction for people who inject drugs.

### Who should use PrEP?

- Any person who is at high risk for HIV including persons with multiple sex partners, persons engaged in unprotected sex, persons who have been tested and treated for sexually transmitted diseases or persons who have previously requested Post-exposure prophylaxis.

- An HIV-negative partner in a serodiscordant relationship who has an HIV-positive partner that is either not on antiretroviral therapy (ART) or has not yet achieved viral suppression.

### How is it taken?

Persons who are given PrEP take a pill daily to reduce the risk of getting an HIV infection. This is called Daily Oral PrEP and is appropriate for everyone, irrespective of gender, sexual orientation, or sexual behaviour.

### Is PrEP safe?

PrEP is safe, but some people may experience side effects like diarrhoea, nausea, headache, fatigue, and stomach pain. These side effects usually go away over time.

Tell your health care provider about any side effects that are severe or do not go away.

### How effective is PrEP?

PrEP is highly effective for preventing HIV when taken as prescribed. PrEP reduces the risk of getting HIV from sexual contact by about 99% when taken as prescribed and by at least 74% among persons who inject drugs.



### What are the side effects?

Many people considering taking PrEP have concerns regarding the side effects. However, the benefits of PrEP far outweigh any potential side effects. For most people, the side effects are quite minimal and manageable. Discuss any issues, concerns or health changes immediately with your health care provider.

Some individuals are more sensitive to medication and may experience different side effects of PrEP than others. Most of the side effects of PrEP occur during the initial “start-up” period when you first start taking the medication. This often happens in the first few weeks and normally is quite tolerable. The most common side effects that patients experience are:

- Headaches
- Nausea
- Vomiting
- Dizziness
- Tiredness
- Loss of appetite
- Rash
- Weight fluctuations
- Abdominal pain or discomfort

### How can I access PrEP?

See your health care provider to discuss your options for either daily or on-demand PrEP. Your doctor will recommend the best option given your situation and medical history.

Daily oral PrEP or On-demand PrEP can be prescribed by your physician, who will also monitor your response.