A PILL A DAY HELPS KEEP HIV AWAY

How does PrEP work?

PrEP is an antiretroviral pill, Truvada, which helps HIV negative people stay negative. When taken regularly, PrEP has been shown to reduce the chance of getting HIV by more than 90%. You should take PrEP every day to be sure you are protected against HIV. When the medicine is in your blood, it will stop HIV from taking hold and spreading in your body. If you want to protect yourself against STIs and have extra HIV protection, use condoms. If you want to prevent pregnancy, use contraception.

PREP CAN STOP HIV.
IT'S UP TO EACH OF US TO DO OUR PART.

#HIVfreegeneration
SPREAD THE WORD. NOT THE VIRUS.

WE ARE THE GENERATION THAT WILL END HIV

THIS IS MY MOMENT

I AM MY OWN WOMAN.
I AM IN CONTROL.

I AM PrEPARED
FOR TODAY. FOR THE FUTURE.
FOR LIFE'S TWISTS AND TURNS.

I AM **PrEPPED**

PREP IS A NEW WAY TO PROTECT YOURSELF FROM HIV.
TAKEN EVERY DAY, IT HELPS YOU STAY HIV FREE. #getPrEPPED

PrEP IS A NEW PILL THAT HELPS PREVENT HIV. IF YOU TAKE PrEP AND HAVE SEX WITH SOMEONE WITH HIV, IT CAN KEEP THE VIRUS FROM INFECTING YOUR BODY.

WHY TAKE PrEP?

PEOPLE MAY TAKE PrEP FOR A FEW DIFFERENT REASONS THAT MAY CHANGE OVER TIME. HERE ARE SOME OF THEM:

"I use PrEP because I don't want someone else's behaviour to decide whether or not I get infected."

"With PrEP, I am in charge of my health and I feel more confident."

"I'm lucky I didn't get HIV,but I'd rather not rely on luck any more."

"Since I don't always use condoms, it is great to know I'm still protected."

"Even though we are in a relationship, we don't tell each other everything... Sometimes my partner isn't in the mood to use condoms. With PrEP I know I'm protected."

"We use condoms but my partner might be HIV positive. Taking PrEP gives me peace of mind because I am more protected."

WHY TAKE PrEP?

"PrEP helps me take control of my sexual health and enjoy sex while dramatically reducing my risk of getting HIV.

WHAT TO KNOW ABOUT PrEP?

'PrEP' stands for pre-exposure prophylaxis against HIV. It's like a birth control pill: if you take it every day, you won't fall pregnant. If you take PrEP every day, you won't get HIV. Like all medications, there are some things to keep in mind:

- PrEP is not a morning after pill and cannot prevent infection if taken right before or after having sex.
- You need to take PrEP every day for a week before you are protected against HIV. If you take PrEP every day, you will have 90% protection against HIV.
- You should only use PrEP if you are HIV negative. HIV positive people need to take AVRs for treatment against HIV.
- PrEP is not a pill you need to take for the rest of your life. You take PrEP while you are at risk—like when you have a partner who hasn't been tested or a partner who has HIV.

WHAT TO EXPECT WHEN TAKING PrEP?

- Studies have proven that PrEP is very safe.
- About 1 out of 10 people have symptoms such as nausea in the first few weeks after starting PrEP, which are usually mild and go away.
- You need to test for HIV before starting PrEP to make sure you don't have HIV.
- You'll need to come for check-ups and refills every three months.

CONTACT

To find out more about PrEP studies, visit [enter clinic and contact].

DESMOND TUTU HIV FOUNDATION