

PrEP Fact Sheet

TAKEN DAILY,
PrEP IS AN ADDITIONAL
PREVENTION
OPTION
FOR HIV-NEGATIVE PEOPLE

WE ARE THE
GENERATION
THAT WILL
END HIV

Pre --> before
Exposure --> coming into contact with HIV
Prophylaxis --> a medicine to prevent infection

PrEP is a new, safe, HIV prevention method for HIV-negative people to reduce the risk of becoming infected. PrEP pills need to be taken daily and help to prevent HIV.

When used consistently and as prescribed, PrEP has been shown to reduce the risk of HIV infection by more than 90% among people at high risk for HIV infection.

PrEP is another option for prevention. Prevention options include:

- Condoms
- PrEP
- Counselling
- PEP
- Healthy lifestyles
- Treatment for STIs
- Male medical circumcision
- ART for partners living with HIV

What is the difference between PrEP, PEP, and ART?

All three contain antiretroviral medicines in different combination for different purposes:

- **PrEP** is a pill that has 2 anti-HIV medicines taken daily to prevent HIV for HIV-negative people
- **PEP** is taken within 72 hours after exposure to HIV (eg after rape) for 28 days to prevent HIV
- **ART** is a 3-medicine treatment for HIV-positive people to reduce the levels of HIV in a person's body

PrEP is only for people who are HIV-negative.

PrEP is recommended for people at high risk for HIV infection.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

Starting PrEP

First visit:



HIV and blood test screening



Get your PrEP supply for a month

One month visit:



HIV screening

Get your 3-month prescription and collect your pills every month

Monthly visit:



Use your prescription to collect your pills every month at your clinic

Every three months:

Every 3 months, you return for an HIV test and a new 3-month prescription for PrEP

Taking a pill every day for ongoing protection from HIV might not be for everybody, but PrEP is an excellent and much-needed extra prevention method for people at high risk of getting HIV.

PrEP requires **strict adherence to daily medication** and regular HIV testing. Where possible, it should be used together with other HIV prevention methods. If it is used properly, PrEP will play a role in helping to reduce the number of new HIV infections in South Africa.

For more information and where to get PrEP:

www.myprep.co.za

Where can I get PrEP?

Currently in South Africa PrEP is being provided through a limited number of service delivery sites. If you feel you are at risk of getting HIV, and want to find out more about PrEP, please visit or call:

PrEP DOES:

Reduce your risk of HIV infection, by 90%, if taken daily and correctly

PrEP DOES NOT:

- Prevent other STIs
- Prevent pregnancy
- Protect you from HIV after exposure, PrEP reduces your risk before exposure