



GET PREPPED

What you need to know about PrEP



What is PrEP?

Pre-Exposure Prophylaxis

(PrEP) is a way for a person who is HIV-negative to reduce their risk of HIV infection by taking anti-HIV medication.



The most common brand of PrEP is Truvada®, but there are other generic brands available that work just as well.



Is PrEP safe?

Yes! PrEP was approved by Health Canada in 2016.

How does PrEP work?

HIV is an infection that spreads through the body by using immune cells to make copies of itself.



PrEP uses two anti-HIV meds in one pill to stop the virus from doing this even if it enters the body.

Who is PrEP for?

PrEP is for anyone who is HIV-negative that wants to prevent HIV infection in themselves or their partners

Take charge of your sexual health!



Let's face it, using condoms may not always be an option for many different reasons.

Consider using PrEP if you:

- ✓ have a sexual partner with HIV who is not on treatment or suppressed
- ✓ have condomless sex with many partners
- ✓ have sex with partners whose status you are unsure of
- ✓ have sex when drunk or high
- ✓ have recently had a sexually transmitted infection (STI)
- ✓ inject drugs or share drug use equipment
- ✓ feel pressure to have sex without a condom
- ✓ have limited condom negotiation power

How is PrEP used?

PrEP must be

- ▢ taken around the same time every day
- ▢ started 3 weeks before possible HIV exposure
- ▢ taken consistently for as long as it is needed



How Effective is PrEP?

90%+

Research shows it is over 90% effective when taken correctly!

*PrEP does **not** protect against other STIs and should **not** replace condoms*

You should still use condoms to protect against HIV and other STIs like chlamydia, syphilis, and gonorrhea.

After starting PrEP

When taken correctly, high levels of these meds enter your blood, genital and anal tissues to protect you from HIV infection in any of these areas.



It takes about 3 weeks to reach maximum protection after starting PrEP

7 days for the anal region and **20** days for the vaginal region

Side Effects

PrEP is generally safe and well-tolerated but can cause side effects like:

- ▢ diarrhea
- ▢ headaches
- ▢ dizziness, nausea and vomiting
- ▢ decreases in kidney, liver and bone health

These are mild, temporary, and reversible after stopping use.

