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
- 18 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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