Prevent HIV

With

PrEP & PEP

talk about Etalout Texas

POWERED BY HEALTHY FUTURES

OF TEXAS

WHAT IS PREP?

Pre-Exposure Prophylaxis

is a medication that, when taken as prescribed, can greatly reduce your risk of getting HIV/AIDS.

There are pills taken daily, such as Truvada and Descovy, as well as a shot you get every other month called Apretude.

There is no country-wide age limit on PrEP as long as you weigh more than 77 pounds, but sometimes certain states, providers, or clinics will have their own internal rules.

WHAT IS PEP?

Post-Exposure Prophylaxis

is an emergency medication taken after a possible exposure to HIV to help prevent HIV.

It must be started within 72 hours after a recent HIV exposure.

You will need to talk to a healthcare provider to get PEP.

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Undetectable = Untransmissible

That means that a person living with HIV who is taking their medication as prescribed and has an undetectable viral load cannot transmit HIV. If a person is dating someone with HIV, PrEP is a great way to double up on protection to ensure HIV isn't transmitted.

HOW TO GET PREP

To get PrEP, you will need to talk to a healthcare provider and take an HIV test to make sure you don't have HIV. You can find a provider in your area here:

Cator.hiv.gov

There are also websites and that will guide you through the process and ship to your mailbox and clinics that can help you as well..

INSURANCE & PREP (S)

PrEP is free under almost all health insurance plans, including Medicaid.

If you do not have insurance, you can also get PrEP for free through an assistance program, like Ready, Set, PrEP.

R readysetprep.hiv.gov

Co-pay assistance programs can also help lower the cost of medications.

THE FUTURE OF HIV VACCINES

While PrEP and PEP are great as a daily pill to prevent HIV, it can be hard to remember to take a pill every day.

There is a lot of exciting research creating the future of HIV vaccines. Researchers and scientists hope to find a way to make people permanently immune to HIV.

This could include mRNA shots like the COVID-19 vaccines, or other routes of immunization still under development.

Stay tuned 10