

tools that work, choices that protect.



With medications like PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis), HIV prevention is possible.

Both are safe, effective, and designed to put your health and peace of mind first.

While PrEP is 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.

Stay tuned for further developments!

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ONLY



let's talk about



preventing HIV with PrEP and PEP





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.



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:



locator.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

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.




readysetprep.hiv.gov

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

* **REMEMBER**

U = U

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.