

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

What is PrEP?

PrEP or pre-exposure prophylaxis comes in the form of a pill, it is 200 mg of emtrici-tabine and 300 mg of tenofovir, mixed together.

How should I take PrEP?

You take one PrEP pill once a day with or without food. It helps to take the pill at the same time each day so that you do not forget. If you forget to take the pill, take it as soon as you remember but do not take more than 1 pill in one day.

Why should I take PrEP?

PrEP helps to prevent HIV for HIV-negative people.

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GENERATION
THAT WILL END
HIV

I HAVE THE
RIGHT
TO LIVE HIV
FREE
I HAVE THE
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THE SPREAD OF
HIV

Where should I keep PrEP?

PrEP should be kept in a cool dry place, away from children. Keep in a tightly closed container.

What are the side effects?

Some people get mild side effects when they start PrEP. Most go away after a few weeks once your body gets used to the medicine.

The most common side effects are:

- Nausea • Headache • Tiredness • Diarrhoea
- Depression • Abnormal Dreams • Vomiting
- Rash • Problems Sleeping • Changes in appetite

What do I need to know about PrEP?

- Important to have an HIV test every 3 months.
- PrEP does not cure HIV.
- PrEP may not keep you from getting HIV. PrEP is part of a combination approach to prevent HIV, so we encourage you to use other safe sex practices such as using condoms and lubricants.
- Your pills are for you ONLY. Please do not share them with anyone else as this may harm their health and yours too.

If you experience any unusual effects or don't feel well when taking PrEP, let your healthcare provider know as soon as possible. Tell your healthcare provider if you are taking any other medication/herbs/vitamins because this might affect how the PrEP works or how the other medication works.