

## Can you use PrEP and oral contraception together?

Yes. There would be no interaction between the two.

## Can I share PrEP with my HIV+ partner, or take my partner's HIV medications to help prevent HIV?

Even if your HIV-positive partner is taking ART, it is important not to share your PrEP pills with your HIV-positive partner or to take your partner's HIV medications as PrEP. It's easy to mix up pills, and this could lead to unexpected allergic reactions or side effects, or you or your partner might run out of medications when you need them.



### Does PrEP have side effects?

The most common side effects include headache, nausea, vomiting, rash, and loss of appetite.

**For most people, these will go away after a few weeks**



## What happens if you take PrEP and you are HIV-positive?

PrEP could potentially not work for you as HIV treatment. Having both the virus and medication in your body allows the virus to become resistant to the medication.

## PrEP works best as part of a combination approach.

It does not prevent STIs or unwanted pregnancy.

### If I take PrEP, can I stop using condoms when I have sex?

No. PrEP is an extra HIV prevention option and should be used in combination with condoms. Using condoms is still the best way to prevent HIV infection. Condoms protect against STIs and unwanted pregnancy when used correctly and consistently.

### Is PrEP for me?

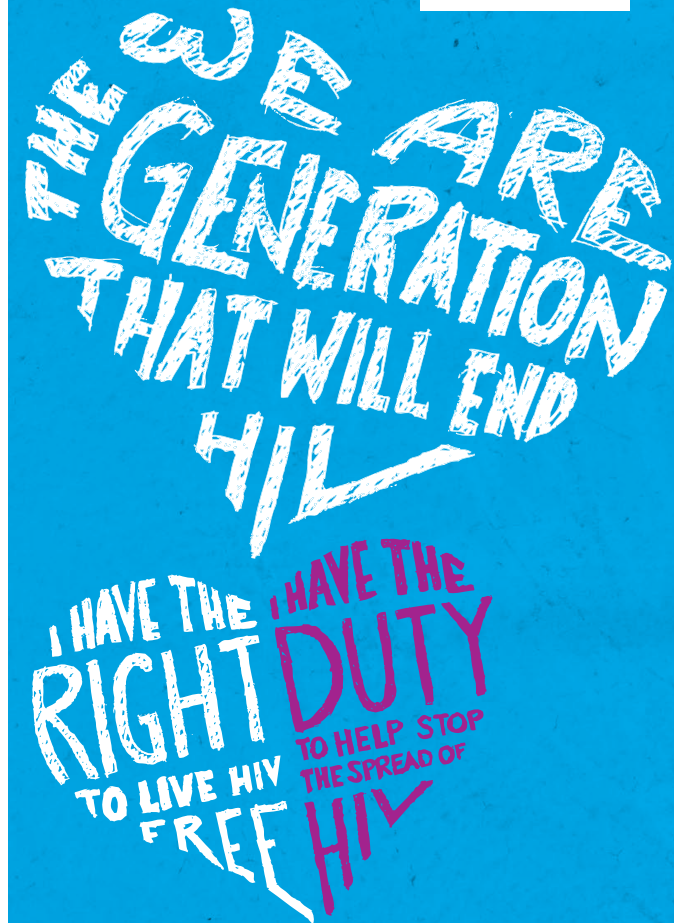
Taking a daily pill for ongoing protection from HIV might not be for everybody, but it is an excellent option for a lot of people. Most adults can safely use PrEP, but a healthcare provider will need to determine if there is any reason why you should not take it.

### Where can I get PrEP?

Currently in South Africa PrEP is being provided through a limited number of service delivery sites. If you feel you are at risk of acquiring HIV and would like to learn more about PrEP please visit or call:



## PrEP FAQs



## Frequently Asked QUESTIONS

on Pre-Exposure Prophylaxis (PrEP)



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

# What is PrEP?



PrEP means Pre-Exposure Prophylaxis, and it's the use of anti-HIV medication that keeps HIV-negative people from becoming infected.

## How well does it work?

For HIV-negative people who take it every day, PrEP can lower the risk of getting HIV by up to 90%.



Information for this brochure was adapted from a CDC factsheet, [prepfacts.org](http://prepfacts.org) and [bhakisisa.org](http://bhakisisa.org), specifically an article by Mia Malan - Twenty things you need to know about how to prevent HIV with a pill.

# PrEP is only for people who are HIV-negative.

PrEP is recommended for individuals with high risk for HIV exposure.

## How often do I need to take PrEP?

You need to take it once a day at more or less the same time. That doesn't mean that taking the pill has to be on the minute - a few hours either way is okay.

## Is PrEP Safe?

PrEP has been shown to be very safe. PrEP is also safe with alcohol and drugs, as well as contraceptives and other medicine.

## How does PrEP differ from PEP?

While PrEP is taken **before exposure to HIV**, PEP, or post-exposure prophylaxis, is an HIV prevention strategy that uses a course of antiretroviral drugs to reduce the risk of HIV **after exposure to HIV**.

## How long does it take for PrEP to become protective?

It takes up to 20 days to be fully protected. PrEP must be taken daily!

## Can you get HIV from taking PrEP?

No, you cannot get HIV from PrEP. The medications in PrEP work to prevent HIV from establishing infection inside the body.

## What happens if you miss a dosage?

The rate of protection is directly related to the rate of pill-taking. If you don't take the pill correctly, you don't get full protection.

## If I take PrEP, does this mean I have to take it for the rest of my life?

No. It is important that you take PrEP daily while at risk of acquiring HIV, but when you feel that you are no longer at risk you can talk to your healthcare provider about stopping PrEP.

## What if I want to stop taking PrEP?

If you decide PrEP is no longer a useful HIV prevention strategy for you, it is recommended that you discuss with your healthcare provider before stopping PrEP. You may be advised to continue taking PrEP for four weeks after your last potential exposure to HIV. This period also provides some planning time to think about other HIV prevention strategies.

## Can you take PrEP for one night only?

No. You need to take the pill once a day for about a month before you are fully protected.

## Does PrEP also protect you against other sexually transmitted infections?

No. It only protects against HIV infection. PrEP does not protect against unwanted pregnancy or other STIs.