**PrEP demonstration project**

**Pre-Exposure Prophylaxis (PrEP) Information Sheet**

***Overview***

PrEP is a way for people who do not have HIV to help prevent getting infected with HIV. It comes in the form of a pill which contains medicine that is usually used to treat HIV (ARVs). When someone is exposed to HIV through sex or injection drug use, PrEP can help stop the virus from establishing a permanent infection.

***How do I take PrEP?***

PrEP is provided in the form of one pill which is a combination of two medicines. You swallow one pill a day, every day. People who use PrEP must commit to taking the drug daily and seeing their health care provider every three months for HIV testing and follow-up.

PrEP does not have to be taken forever and can be stopped at any time under the supervision of your healthcare provider.

***How effective is PrEP?***

When taken correctly and consistently (one pill a day every day), PrEP reduces the risk of HIV transmission by up to 92%. It has been shown to greatly reduce the risk of HIV infection in people who are at substantial risk. However, if PrEP is NOT taken routinely (every day), it is much less effective.

PrEP is a powerful HIV prevention tool, but no prevention strategy for sexually active people is 100% effective. For even greater protection, PrEP should be used in combination with other HIV prevention strategies, such as using condoms consistently and correctly and getting regular HIV testing. Also, PrEP does not protect against other STIs or pregnancy.

***What are the side effects?***

PrEP may have some side effects like nausea, vomiting, fatigue, and dizziness, which usually decrease after a few weeks. You should tell your healthcare provider if these or other symptoms become severe or do not go away.

***What exactly is PrEP?***

PrEP is a single pill taken once daily that combines two antiretroviral drugs: tenofovir disoproxil fumarate (also called TDF, or tenofovir) and emtricitabine (also called FTC). Its brand name is Truvada.