

WHAT IS PrEP?

PrEP is a daily pill that helps HIV negative people stay HIV negative.

PrEP reduces your chances of HIV infection by over 90%.

If taken correctly as prescribed, PrEP keeps you sure and protected from HIV infection. PrEP is not a vaccine.

IS PrEP FOR ME?

If you are at risk for HIV infection, PrEP is a good option for staying protected.

Taking PrEP is a good choice for you if:

- Your partner is HIV positive or their HIV status is unknown
- You have multiple sexual partners
- You get STIs often
- You experience frequent condom bursts
- You frequently use post-exposure prophylaxis
- You use alcohol and drugs, and have unprotected sex
- You inconsistently use condom or are unable to negotiate condom use during intercourse with persons of unknown HIV status
- You inject drugs and share needles and syringes
- You are in a sero-discordant relationship and trying to conceive

HOW DOES PrEP WORK?

If an HIV negative person is exposed to any sexual fluids from an HIV-positive person, PrEP can help to keep the virus from causing a lasting infection by preventing it from establishing itself in your body. It is more effective when used with condoms, safer sex practices, and other HIV prevention methods.

There are a few things to know:

- As long as there is a risk of HIV infection PrEP should be taken daily
- PrEP greatly reduces your risk of HIV infection, but does not eliminate the risk nor prevent STIs or unintended pregnancies
- Condoms can give you additional protection against HIV and other sexually transmitted infections (STIs), even while you take PrEP.

CHAGUA PrEP CHAGUA LIFE



Protect the life you live — for yourself and those who care about you.

PrEP helps keep us all safe, strong and HIV free.

It takes 7 days of taking PrEP daily before exposure to be optimally protected and continue using daily as prescribed by the provider to be fully effective.

WHAT SIDE EFFECTS ARE THERE?

Most people taking PrEP do not have any serious side effects.

Some people get:

- Headache
- Rash
- Weight loss
- Nausea
- Vomiting
- Abdominal discomfort
- Loss of appetite

but they go away after a few weeks.

WHAT ABOUT OTHER MEDICATIONS?

Yes. You can take PrEP if you are taking other medications.

PrEP will not affect other medications.

DRUGS & ALCOHOL?

Alcohol and other drugs won't affect how PrEP works if PrEP is taken consistently and correctly.

But make sure to keep yourself safe when using alcohol and drugs. If you are having sex, make sure to use condoms to protect yourself from other STIs and pregnancy.

IS IT THE ONLY PROTECTION I NEED?

PrEP is an extra HIV prevention option and where possible, should be used in combination with condoms.

Only condoms protect against STIs and pregnancy when used correctly and consistently

WHERE CAN I FIND PrEP?

PrEP can be found at various health facilities in Kenya. To find the health facility near you go online at: <https://prep.nascop.org/> or Call a counsellor at 1190 (Free for Safaricom calls)