The road to PrEP...

HIV PREVENTION IN YOUR POWER!

START HERE

HONEST QUESTION

ARE YOU HAVING SEX?

NO

NO WORRIES! IF YOU EVER CONSIDER HAVING SEX, COME BACK TO THIS ROADMAP OR IF YOU FIND YOURSELF IN A POSITION WHERE YOU HAD UNPROTECTED SEX, WHETHER IT WAS CONSENTUAL OR FORCED, HERE IS INFORMATION THAT MIGHT HELP.

THERE ARE **HELPINE NUMBERS** ON THE BACK OF THIS PAGE, CALL THEM IF YOU NEED TO, THEY ARE HERE TO HELP YOU!

ANY OTHER QUESTIONS?

Ask an Expert on Bwisehealth.com

B-WiSE! HEALTH AT YOUR FINGER TIPS

YOU CAN ALSO GET ANY KIND OF HEALTH INFORMATION ON **BWISEHEALTH.COM** FROM DOING YOUR HOMEWORK TO THE MORNING AFTER PILL... ALL YOUR QUESTIONS ANSWERED

YES

ARE YOU THINKING ABOUT IT?

YES

DO YOU KNOW YOUR HIV STATUS?

YES

I'M HIVPOSITIVE

ARE YOU ON TREATMENT?

YES

GOOD JOB! THERE ARE **HELPINE NUMBERS** ON THE BACK OF THIS PAGE, THEY ARE HERE TO HELP YOU!

ANY OTHER QUESTIONS?

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B-WiSE! HEALTH AT YOUR FINGER TIPS

NO

YOU CAN LIVE A FULL AND HEALTHY LIFE THAT IS IN YOUR CONTROL!

PUT THE POWER IN YOUR HANDS - THINK ABOUT STARTING ARV TREATMENT AS SOON AS POSSIBLE. YOUR NEAREST CLINIC WILL HELP YOU.

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B-WiSE! HEALTH AT YOUR FINGER TIPS

NO

GETTING TESTED WILL GIVE YOU THE OPPORTUNITY TO EITHER LIVE A HEALTHY AND FULL LIFE ON TREATMENT OR TAKE THE RIGHT ACTION TO STAY NEGATIVE... THINK ABOUT IT!

I'M HIV NEGATIVE

DO YOU WANT TO CONSIDER ALL YOUR OPTIONS TO STAY NEGATIVE?

YES

I TESTED NEGATIVE

PrEP could be right for you!

GO TO THE PREP ROADMAP ON THE BACK OF THIS PAGE...

You also need: CONDOMS, CONTRACEPTION

LET'S DO AN HIV TEST

FIND YOUR CLOSEST CLINIC ON BWISE. A COUNSELLOR WILL BE THERE TO SUPPORT YOU ALL THE WAY.

I TESTED POSITIVE

WE KNOW THIS CAN FEEL SCARY AT FIRST BUT YOU CAN LIVE A FULL AND HEALTHY LIFE THAT IS IN YOUR CONTROL! KEEP THE FAITH.

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B-WiSE! HEALTH AT YOUR FINGER TIPS

YOU ALSO NEED TO THINK ABOUT STARTING TREATMENT AS SOON AS POSSIBLE. YOUR NEAREST CLINIC WILL HELP YOU.

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PrEP ROADMAP!

YOU ARE HIV NEGATIVE BUT... IS PREP RIGHT FOR YOU?

DO YOU WANT TO CONSIDER ALL YOUR OPTIONS TO STAY NEGATIVE?

- PrEP
- CONDOMS
- HIV TESTING
- PEP
- PREGNANCY TESTING
- STI SCREENING
- CONTRACEPTION OPTIONS
- EMERGENCY CONTRACEPTION

YES

ASK YOUR-SELF?

- ARE YOU HAVING SEX WITH A PARTNER(S) WHO'S HIV STATUS YOU DON'T KNOW?
- ARE YOU HAVING SEX WITH A PARTNER(S) WHO IS HIV POSITIVE?
- HAVE YOU HAD SEX WHILE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS?
- HAVE YOU HAD UNPROTECTED SEX IN THE LAST YEAR... DIDN'T USE A CONDOM?

DID YOU ANSWER 'YES' TO ANY OF THESE QUESTIONS, EVEN JUST ONE?

NO

GOOD JOB! THERE ARE **HELPINE NUMBERS** ON THE BACK OF THIS PAGE, THEY ARE HERE TO HELP YOU!

ANY OTHER QUESTIONS? Ask an Expert on Bwisehealth.com — B-WiSE! HEALTH AT YOUR FINGER TIPS

YES

DO YOU THINK THAT YOU CAN TAKE A PILL EVERY DAY KNOWING THAT IT WILL KEEP YOU HIV NEGATIVE?

THAT DOESN'T SOUND LIKE ME — NO

CONSIDER HAVING A CHAT WITH YOUR HEALTH CARE WORKER - THERE ARE MANY WAYS THAT YOU CAN FIND SUPPORT TO DO THIS.

- ADHERENCE CLUBS
- SUPPORT GROUPS
- DAILY REMINDERS
- PREP APP

STILL NO?

PLEASE BE SURE TO USE CONDOMS EVERY TIME YOU HAVE SEX, ALSO MAKE USE OF THE FREE CONTRACEPTION AT YOUR LOCAL CLINIC. DO EVERYTHING YOU CAN TO PROTECT YOURSELF.

OK!

YES — EXCITING!!!

If your clinic does not provide PrEP, go to www.myprep.co.za for a list of clinics that do.

PrEP IS POSSIBILY A GREAT OPTION FOR YOU! GET TO YOUR NEAREST CLINIC AND HAVE A CHAT WITH YOUR HEALTH CARE WORKER ABOUT WHETHER PREP CAN BE A GOOD CHOICE FOR YOU?

FIND YOUR NEAREST CLINIC: B-WiSE! HEALTH AT YOUR FINGER TIPS — Bwisehealth.com

ALWAY REMEMBER:

- PrEP DOES NOT PROTECT YOU AGAINST OTHER STIS
- PrEP DOES NOT PROTECT YOU AGAINST UNINTENDE PREGNANCY

ALWAYS TRY TO USE PREP IN COMBINATION WITH CONDOMS AND/OR CONTRACEPTION.

CONTACT NATIONAL SUPPORT SERVICES

EMERGENCY HELPLINES

SADAG 24-hr HELPLINE help with depression	0800 12 13 14
SANCA for alcohol and drugs	0861 472 622
CHILDLINE help for children	0800 055 555
LIFELINE for counselling	0861 32 2322
LIFELINE for GBV support	0800 150 150
LOVE LIFE support for youth	0800 121 900
ALCOHOLICS ANONYMOUS (AA) Help for problems with alcohol abuse	0861 435 722
NARCOTICS ANONYMOUS through LifeLine	083 900 6962
SUICIDE EMERGENCY for help with depression	0800 567 567
AIDS Helpline for HIV support	0800 012 322
Police report a crime	0860 010 111
SA Social Security Agency (SASSA) Helpline:	0800 601 011
National ambulance emergency:	10177 (or 112 on a cellphone)
GENDER-BASED VIOLENCE CALL CENTRE:	0800 428 428 (or *120*7867#)

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