

**"PrEP makes me feel powerful and peaceful. This is something I can do to protect me and my baby from HIV."**



# LET'S STAY FREE FROM HIV!



**Pregnancy & breastfeeding increase your risk of catching HIV & passing it on to your baby.**

**Want to know more about PrEP?**

Send us an SMS at:  
Talk to your healthcare provider

**PrEP can help protect you & your baby from HIV infection**



# PrEP Can Protect You Both from HIV

## YOU control PrEP

PrEP is a medication taken daily by HIV-negative people that lowers their chances of getting infected. This is important during pregnancy and breastfeeding, when studies have shown your chances of catching HIV are much higher than normal.

## PrEP Works!

When PrEP is taken daily during it can lower your chances of catching HIV.

When you are safe, your baby is safe too.

If babies catch HIV while in the womb, it can be serious. If you live in a place where HIV is common, it makes sense to use PrEP.

## PrEP is Easy

For some people (but not most), PrEP can cause some mild side effects. For most people they go away after 1-2 weeks. Some people experience:

- Upset tummy or nausea
- Headaches and tiredness
- Diarrhoea

Ask your healthcare provider about what you can do to control any discomfort.

If these feelings continue, talk to your health care provider.

Kidney problems are possible but extremely rare.



## Don't Worry...

Many pregnant and breastfeeding women around the world are already taking PrEP to protect themselves and their babies.

PrEP has not been found to cause problems during pregnancy, birth, or after the birth. PrEP does not cause problems getting pregnant in the future.

Only tiny amounts of PrEP pass to the baby inside of you, or while breastfeeding.

PrEP is safe to take with most medications and vitamins taken during pregnancy.

PrEP will not change the amount, quality, or taste of your breastmilk.

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Many pregnant and breastfeeding women around the world are already taking PrEP to protect themselves and their babies.

PrEP has not been found to cause problems during pregnancy, birth, or after the birth OR problems getting pregnant in the future.

PrEP is safe to take with most other medications and vitamins taken during pregnancy and breastfeeding.

PrEP will not change the amount, quality, or taste of breastmilk.

Only tiny amounts of PrEP pass to the baby inside of you, or while breastfeeding.



# Welcome little one!

## USING PREP SUCCESSFULLY



This document is made possible by the generous support of the American people through the U.S. Agency for International Development (USAID) and the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the terms of cooperative agreement 7200AA19CA00002 and 7200AA19CA00003.

# Make it a Habit!

Pair taking your pill with something you do every day!



If you forget to take a pill for a day or two, take it again when you remember and keep taking it daily as usual.

PrEP works best when you take it every day.

I will take PrEP every day when...

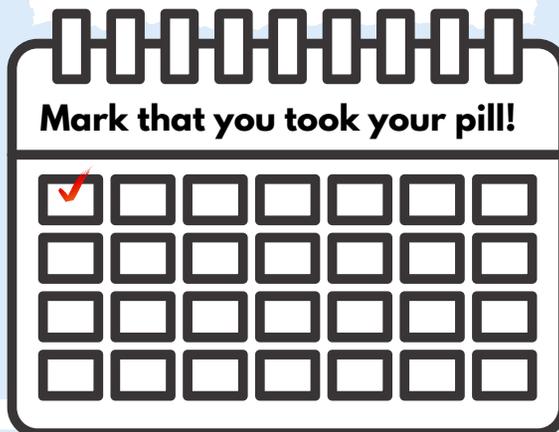
# My Plan

I'm taking PrEP because...

What will get in the way of taking PrEP every day?

Who can I count on for support taking PrEP?

Mark that you took your pill!



# Managing Side Effects

For some people (but not most), PrEP can cause some mild side effects.

For most people they go away after 1-2 weeks. Some people experience:

- Upset tummy or nausea
- Headaches and tiredness
- Diarrhoea

If your tummy is upset try taking your pill with food or at night.

If these symptoms do not go away, talk to your health care provider.

Kidney problems are possible but extremely rare.

# Tips for telling family about PrEP

- Keep it positive! PrEP really works!
- *Listen to any concerns* the other person might have. It can help to repeat back to them what you are hearing them saying.
- *Reassure your partner* that your decision to use PrEP is for the future of the family.
- *Ask for your family members' support* in helping you remember to take PrEP as recommended.

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# Welcome little one!

TAKING PREP SUCCESSFULLY



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# Make it a Habit!

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If you forget to take a pill for a day or two, take it again when you remember and continue every day as usual.

PrEP works best when you take it every day!

I will take PrEP every day when...

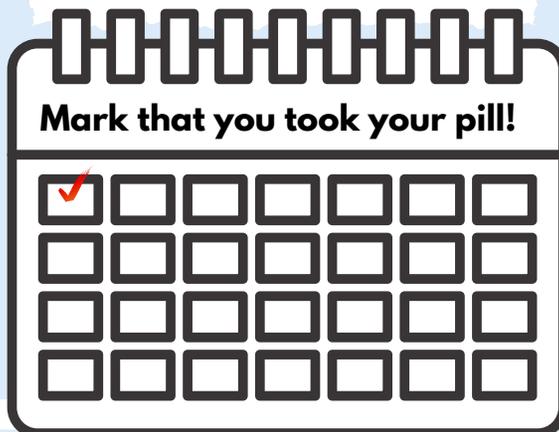
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- *Ask for your family members' support* in helping you remember to take PrEP as recommended