

What is important to you in an HIV-prevention method?

Your health is about more than just preventing pregnancy and STIs. You have a choice of HIV-prevention methods that suit your lifestyle.



START

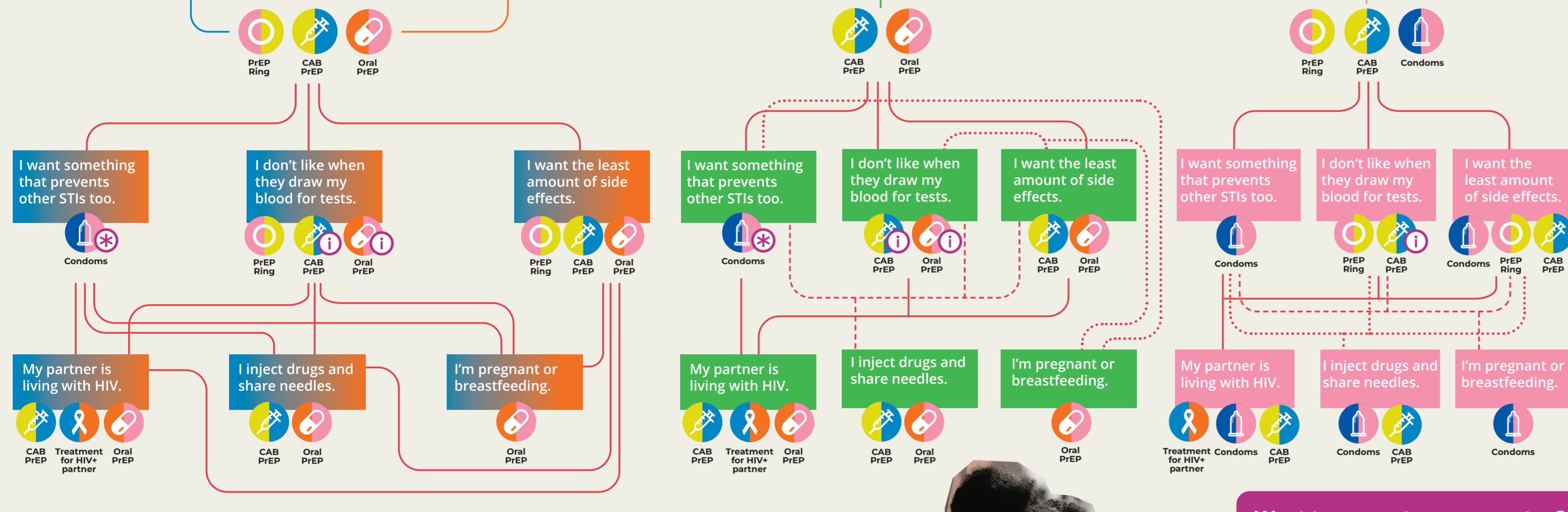
What do you need?

Something I control that no one else will know about.

Something I don't have to remember in the heat of the moment.

Something that prevents HIV all over my body.

Something that doesn't require me to take a pill every day.



Want to prevent pregnancy too? Talk to your health care provider about the right contraceptive for you.

IF YOU NEED TO PREVENT HIV AFTER YOU HAVE HAD SEX... YOU CAN USE PEP TOGETHER WITH EMERGENCY CONTRACEPTION AND STI TESTING.

Important note for men: VMMC is just for men, but benefits women too. It is a small surgical procedure that involves the removal of the foreskin and if done by a medical professional, can prevent HIV by up to 60%, and offers partial prevention of a number of other STIs. VMMC only prevents HIV for the person who is circumcised, and does not prevent HIV from exposures other than sex. Side effects include some pain (that can be managed with medicine and ice packs) for up to a week after the procedure. VMMC does not prevent pregnancy, it is not recommended as the only HIV-prevention method if your partner is living with HIV, and it does not prevent HIV after a possible exposure. Always try to use an additional HIV-prevention method with VMMC.

Comparing HIV-prevention methods

	ORAL PrEP	PrEP RING	CAB PrEP	CONDOMS	VMMC (Voluntary Medical Male Circumcision)	TREATMENT (Partner living with HIV)	PEP
How is it used?	One pill every day	Placed in the vagina for 28 days	One injection every two months	Every time you have sex	Once-off procedure for men	Medication taken daily by your partner	One pill every day for 28 days
How well does it work?	More than 90% effective	About 50% effective or more	More than 90% effective, the most effective method available	Up to 87%, if you use it correctly	About 60% for the circumcised person	Very effective if the partner is virally suppressed	81%
Can I keep it secret?	Yes, you can keep the pills private	Yes, it is placed in your vagina	Yes, you can keep your clinic visits private	No	No	Up to your partner	Yes, you can keep the pills private
Are there blood draws?	Yes	No	Yes	No	No, but there is a surgical procedure	Not for you	No
Can I use it while pregnant or breastfeeding?	Yes	-	-	Yes	Not relevant	Yes	Yes
Where does it prevent HIV?	Your whole body	Only in the vagina	Your whole body	Only in the penis, vagina, and anus	Only in the penis for the circumcised person	Your whole body	Your whole body
Any side effects?	Yes, some	Yes, minimal	Yes, some	None	None	None	Yes
Will this prevent pregnancy and STIs?	No, but you can add condoms/contraception	No, but you can add condoms/contraception	No, but you can add condoms/contraception	Yes	VMMC does not prevent pregnancy, but does partially prevent some other STIs	No, but you can add condoms/contraception	No, but you can add condoms/contraception
Will this prevent infection if my partner is living with HIV?	Yes	Yes, but only up to 50%	Yes	Yes	Yes, but only up to 60% for the circumcised person	Yes, if your partner is virally suppressed	Yes
Will this prevent HIV after I had sex?	No	No	No	No	No	No	Yes

Least side effects Most side effects

Condoms PrEP Ring CAB PrEP Oral PrEP

* Only condoms prevent other STIs too.

i Oral PrEP and CAB PrEP require some blood draws.

You can use any of the HIV-prevention methods listed here and combine them with a **contraceptive (family planning) method** that works for you. There are many options available, from pills and injections to implants, condoms and intravaginal devices (a small device placed at the opening of the uterus).



Scan the code to get all this information on your phone, or visit <https://journeytool.myprep.co.za>.