

Welcome!

Congratulations!
You are joining a squad of
brave young people around
the world who are taking
PrEP to keep themselves
and their relationships
strong and healthy.

Let PrEP be your daily dose
of self-love and a reminder that
YOU'VE GOT THIS!
You are bravely taking action
now to secure your best life!



Together We Are



HIV Negative Generation

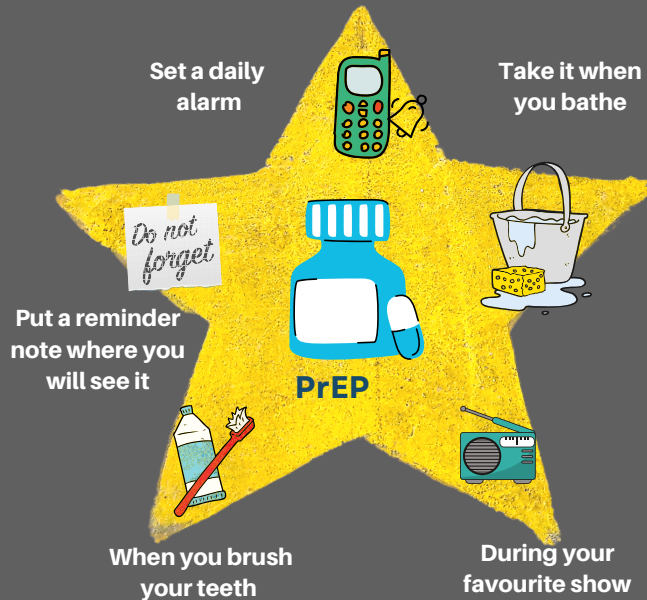


USAID
FROM THE AMERICAN PEOPLE

MOSAIC
Marketing Outreach to Advance Behavioral Change for HIV Prevention

Make it a Habit

Pair taking your pill with something you do every day



I will take PrEP every day when...

Women need to take oral PrEP for 7 days before it becomes fully protective.

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

PrEP works best when you take it as prescribed. PrEP does not protect against other sexually transmitted infections, nor pregnancy.

PrEP does not impact fertility and is safe to use during pregnancy and breastfeeding.

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 while taking PrEP?

Mark that you took your pill!

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Managing Side Effects

Most people experience no side effects while taking PrEP. For some people (only about 1 in 10), however, PrEP can cause some mild side effects.

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

- Upset stomach or nausea
- Headaches and tiredness
- Diarrhoea

If your stomach gets 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 talking about PrEP

- Keep it positive! PrEP really works and you want to have an HIV-free future!
- If your friends and family members express concerns or fears about you taking PrEP, it's important to listen to make sure they feel heard.
- Reassure them that the decision to use PrEP is to protect your health, your relationship, and future goals.
- If your partner is concerned about PrEP, reassure them that taking PrEP is for the strength and health of your relationship.