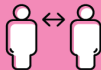




REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing

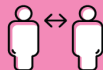


Congratulations!

**You are
negative!**

**Let's keep it
that way.**

REMEMBER TO: wash your hands, wear a
mask correctly and practice physical distancing



IN THIS KIT

THE V BAG

Keep your makeup and your pills in this bag - no one will know you're on PrEP unless you tell them!

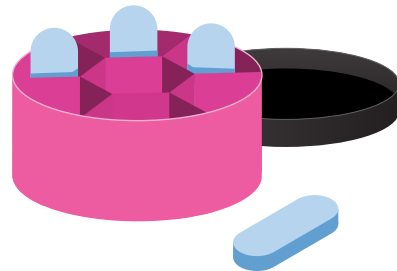


A BOTTLE OF PrEP

Take one pill daily at the same time every day to keep HIV away!

V ON-THE-GO

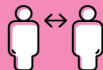
Every week, put seven pills in this pill case to help you remember to take one every day.



REMINDER STICKER

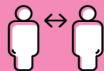
Stick this on something you use at the same time every day (like a mirror) to remind you to drink your pill (or cover the PrEP bottle so no one knows).

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing





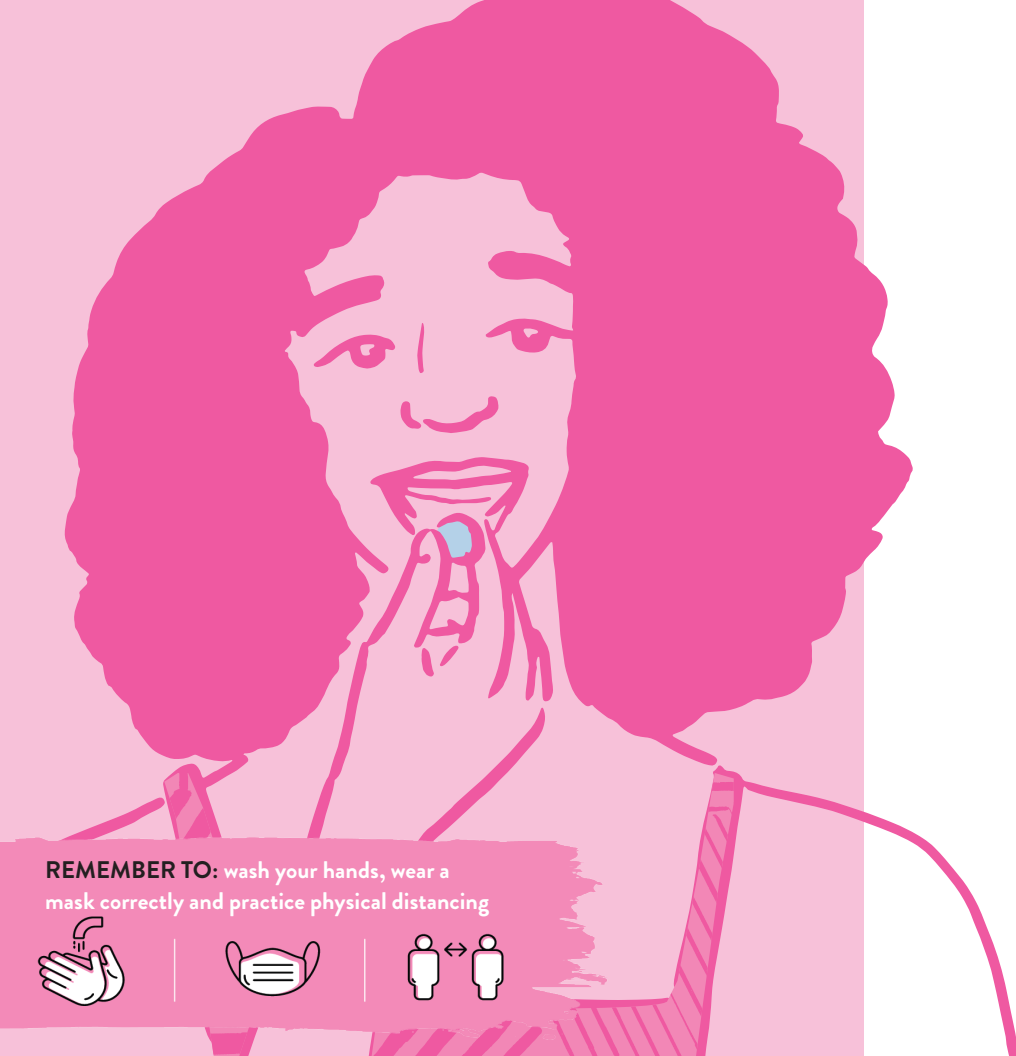
REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



What is PrEP?

PrEP is a pill that protects you from HIV. It reduces the risk of contracting HIV by at least 90%.

It protects your whole body.



When should I take it?

Take one every day at the same time.
This keeps it strong in your blood.

What happens if I miss one?

Take it as soon as you remember! then continue as normal. Make sure to use a condom when having sex.

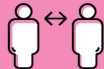
To ensure maximum HIV protection, you need at least 7 days of daily intake of PrEP before a risky sexual encounter.

Remember PrEP protects you from HIV by at least 90%. But still wear a condom to avoid pregnancy or STI's.

What's the maximum amount I can take?

Only take one pill every 24 hours. No more.

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing





Should I tell anyone?

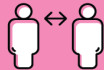
Your body belongs to you, and it is your choice to tell someone about your PrEP use.

Some people will be supportive and some won't. Ask yourself what they would do if they knew about it. If you think they'll be supportive, tell them. If they are distrustful or you're worried about your safety, we've made everything look like make-up so you can keep it your secret. It's up to you to decide.

Unfortunately, many young women experience violence in their relationships. It is not your fault and you are not alone.

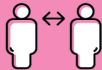
There are people who can help you, chat to your health care worker or brand ambassador in your community.

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing





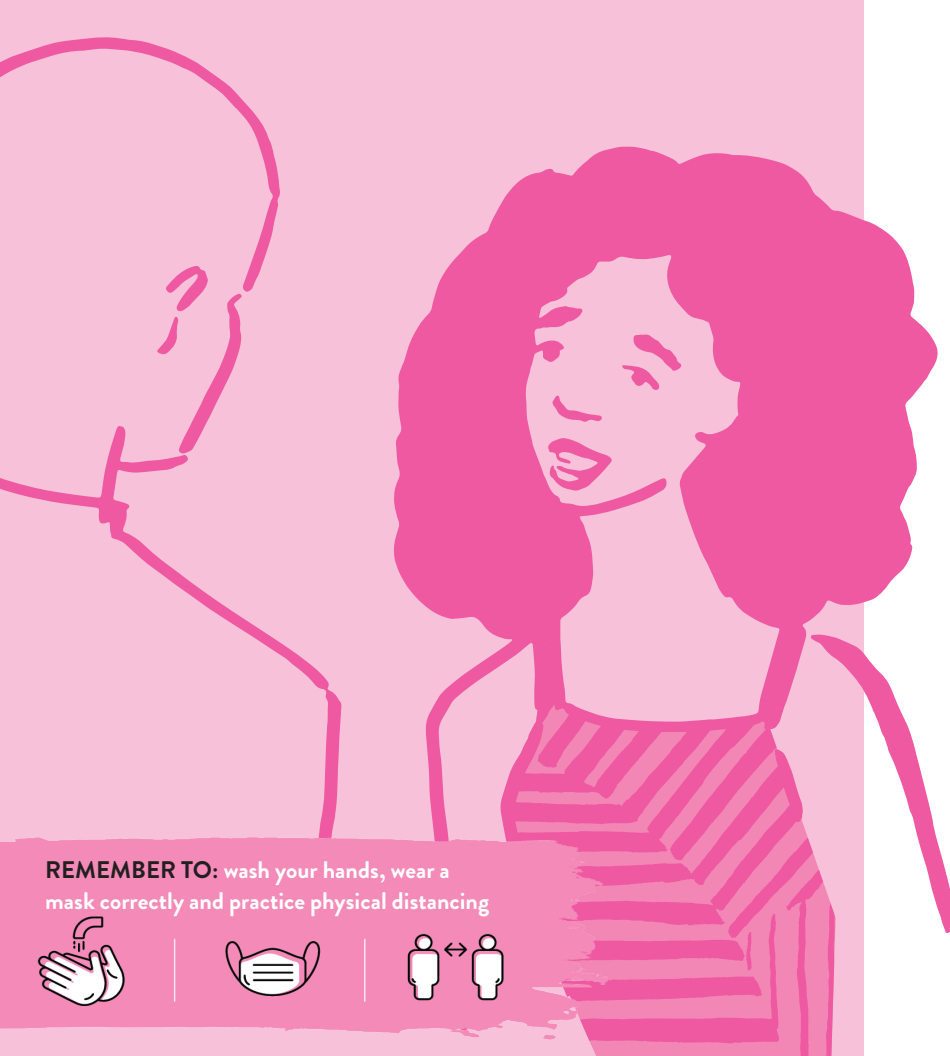
REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



If you don't want to anyone...

You know best how to hide your pills.

Either keep the pills hidden from others or keep the pills in the box and the make-up bag. They'll think it's "girl things". Take your pill when no one is around you.



If you do want to tell them...

Tell them how it works and why you want to take it, otherwise they may think that you are HIV positive. You can even show them this booklet.

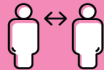
You can think of saying:

I take it because many girls/women my age are getting HIV, and I want to know I'm protected no matter what

It was recommended to me by a healthcare provider.

These are only a few suggestions.
You know best how to talk to them.

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



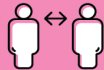
Are there side effects?

Some women experience mild to severe side-effects (mainly headaches, nausea or diarrhea), like with any other medications. These side effects usually go away after about 1-2 weeks of use.

If side effects persist for more than 2 weeks, chat to a health care worker. to protect against STIs or unwanted pregnancies

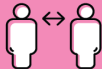
Hang in there!

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing





REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



Do I still need to use PrEP?

- 1) Have you had more than 2 sexual partners in the last 6 months?
- 2) Have you had unprotected sex (no condoms) in the last 6 months?
- 3) Have you had an STI in the last 6 months?
- 4) Have you had sex with anyone who you are not aware of their HIV status?
- 5) Do you have a partner who is HIV positive?

If you answered yes to any of these questions, you probably still need to use PrEP. Discuss with your healthcare worker if you have any concerns.

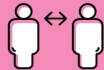


How do I stop using PrEP?

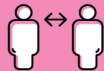
If you think you are no longer at risk, you will need to wait at least 28 days after your last sexual encounter to stop using PrEP.

To stop using PrEP, consult a health care provider.

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



**GIRL, YOU
TAKE CARE
OF YOU!**

Check-up Schedule

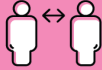
Come in on the following dates:

____ / ____ / ____ **1** MONTH AFTER STARTING

____ / ____ / ____ **4** MONTHS AFTER STARTING

____ / ____ / ____ **7** MONTHS AFTER STARTING

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



**IT'S IN YOUR
POWER TO STAY
NEGATIVE!**

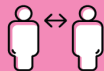
Know why you're doing this!

Write down why don't want HIV – it's the reason you want to take this pill every day

I will take PrEP every day because:

Frequently Asked Questions

REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



Will this affect my ability to get pregnant?

This should have no effect on your ability to get pregnant.

Does PrEP protect against STIs and unwanted pregnancies?

No, it doesn't. Always use a condom to protect against STIs or unwanted pregnancies.

Will it affect my partner?

No, there are absolutely no side effects for him.

Can I give it to my friend?

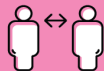
Don't give it to your friend as you need to use those daily doses for yourself. Don't skip a day! Suggest she visit her local clinic to get her own.

Can I take it with other medication?

Yes, PrEP won't affect any of your other medications.



REMEMBER TO: wash your hands, wear a mask correctly and practice physical distancing



Myth busters

Myths

PrEP is taken by people who are promiscuous

PrEP is a contraceptive

If you take PrEP long term, your body becomes resistant to medication

I've heard it will affect my sex drive

Facts

PrEP is a pill that can be taken by anybody who is at risk of getting HIV

This is not true, PrEP doesn't protect against pregnancies or STIs

This is not true. PrEP protects you from acquiring HIV. Take PrEP consistently and use condoms

No, it won't. You will have normal sex drive, when you use PrEP Prescription

List of sites offering PrEP in Zimbabwe

Beitbridge

CeSHHAR Beitbridge
(North star alliance)

Bindura

Bindura Clinic
Bindura District Hospital
Bindura Prov Hosp
Bindura University

Bulawayo

Bambanani
CeSHHAR Bulawayo(Old
Khami clinic)

Chinhoyi

Chinhoyi Clinic
Chinhoyi University

Chipinge

Chipinge New Start
Centre (community)
Chipinge District Hospital

Harare

52 George Silundika, Prestige

Budiriro Poly Clinic
CeSHHAR Harare(Mbare
hostels clinic)

Hatcliff Poly Clinic

Highlands PCC

Hopely Clinic

Kuwadzana Poly Clinic

Mabvuku Poly Clinic

Malbereign Clinic

Malborough Clinic

Mbare Poly Clinc

New Africa House

(New Start Center)

Parirenyatwa Clinic

Rutsanana Clinic

Warren Park Poly Clinic

Wilkins Hospital

Hurungwe

CeSHHAR Chirundu

(local board)

CeSHHAR Karoi
(Karoi district hospital)

Makoni

Rusape Hospital

Arnoldine Clinic

Era Mine Clinic

Makoni Community

Nyazura Mission

Vengere Clinic

Headlands Clinic

Nyazura Clinic

Rusape Hospital

Mutare

Mutare New Start Centre

CeSHHAR Mutare (Sakubva clinic)

Victory House, Mutrare Clinic

Marondera

Marondera Clinic

Masvingo

CeSHHAR Masvingo

(Mucheke clinic)

Masvingo New Start Centre

Masvingo PMD

Mazowe

Bare Clinic

Concession District Hospital

Henderson Clinic

Mazowe mine clinic

Nzvimbo Clinic

Rosa Hospital

Sowoguru Clinic

Tsungubvi Clinic

Gweru

CeSHHAR Gweru(Gwapa)

Gweru New Start Centre

Mutare

Victory House, Mutrare Clinic

Mutare New Start Centre

Victoria Falls

CeSHHAR Victoria

Falls(North star
allience clinic)

VicFalls Hospital

Buhera

BCC

Buhera Murambinda Hosp

Cowdray Park

Dr Shennan Clinic

EF Watson

Emakhandeni

Entumbane Clinic

Khami
Khami clinic
Luveve Clinic
Magwegwe Clinic
Maqhawe clinic
Mpilo Hospital
Mzilikazi
Njube
Nketa Clinic
Nkulumane clinic
Northen suburbs clinic
Pelandaba
Princess Margret
Pumula
Pumula south clinic
Thorngroove hosp
Tshabalala
UBH OPD
Chegutu
Chegutu Distr Hosp
Mash West Chegutu
Norton Hospital
Chimanimani
Mutambara Mission
Mutambarai Mission
Chiredzi

Chiredzi District Hospital
Chizvirizvi RHC
Esigodi
Esigodi Hospital
Goromonzi
Goromonzi Makumbe Hos
Makumbe Hospital
Gutu
Gutu Rural Hospital
Gwanda
Gwanda hospital
Mtshabezi University
Gweru
Gweru district
Harare
MOHCC
UZ
Inyathi
Inyathi hospital
Kwekwe
Amaweni clinic kwekwe
FHI360-Kwekwe
JF Kapnek
Kwekwe hospital
Zhombe
Makonde

CUT
Mash West PMD
Marondera
Dombotombo clinic
Marondera Hospital
Mash East PMD
PMD Mash East
Mazowe
Howard Mission
Mvurwi Hospital
Mberengwa
Mberengwa
Musume Mberengwa
Mt Darwin
Mt Darwin Hosp
Mudzi
Kotwa
Mudzi District
Mudzi Kotwa District Hosp
Murungwe
Hurungwe Karoi District
Mutare
Mutare City
Mutare Distr Sakubva Hos
PMD Manicaland
Sakubva District

Mutasa
Mutasa District
Mutasa Hauna Hospita
Mutoko
Mutoko Distr Hosp
Nkayi
Nkayi Distr Hosp
Sanyati
Chinhoyi University
Sanyati Kadoma Hospital
Seke
Mahusekwa Distr Hosp
Overspill
Seke Epworth
Shamva
Shamva District hospital
Zvishavane
Zvishavane DH

WANT A WEEKLY REMINDER?

SMS or Whatsapp the
brand ambassador in your
community and she'll
send you reminders

REMEMBER TO: wash your hands, wear a
mask correctly and practice physical distancing

