

#Ichoose PrEP!

Your life.
Your PrEP.

This map helps you
explore your options.



[Add MOH/partner website and QR code]

When you're ready,
scan the QR code and
find a clinic near you.

Developed by:



Supported by:



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PrEP ♥ IS
CHOICE
#ICHOOSEME

Choose PrEP

Add social media handles and WhatsApp number

START HERE!

Do you sometimes have sex?

YES

NO

Would you like to have the peace of mind and not worry about HIV?

YES

Are you using condoms every time you have sex?

YES

NO

Keep it up!
You may still want to consider adding PrEP to your self care routine.

Mmmm, how about a flexible silicone ring placed in your vagina, you won't feel it or experience any discomfort/pain and it has very few side effect? Just insert it and forget about it (for 28 days before inserting a new ring).

NO

YES

Not ready for PrEP right now? What you can do now is:

Use condoms to reduce HIV and STI exposure.

Go for regular HIV and STI testing.

Speak to your healthcare provider when you are ready to start Oral PrEP or LEN.

Learn more about HIV prevention methods at your own pace on the [Add MOH/partner website and QR code]



Do you ever inject drugs and/or share needles when doing so?

YES

NO

It's a good idea to find your nearest needle exchange programme to receive clean needles.

Health Tip:

Can you take a pill every day, no forgetting!

NO

YES

Are you OK with getting an injection every 2 months or 6 months, in your bum cheeks, stomach area or thighs?

NO

YES

You might have to deal with some very mild side-effects, can you handle that?

YES, if I have support.

Can you handle some mild side-effects for a couple of days?

YES, if I have support.

The PrEP ring is a great option for you!

The PrEP injection (CAB-LA or Lenacapavir) is a great option for you!

Oral PrEP is a great option for you!

Did you say "no" because you don't want anyone to know you're having sex?

NO

Did you say "no" because you want to keep your private life... Private?

NO

PrEP is a great option for HIV prevention!
You might need this in the future, get back to us whenever you're ready.

More Health Tips:

- All PrEP methods (Oral PrEP and LEN) can be used together with **contraception**.
- Visit your clinic for regular **STI** screening, PrEP is safe with other medications, even the ones used to treat other STIs.
- If you are currently **pregnant and/or breastfeeding**, ask your healthcare provider which PrEP methods may work for you.
- **Condoms** prevent STIs and unintended pregnancy AND you should always try to use them together with your preferred PrEP method.