

Pre-Exposure Prophylaxis (PrEP)

1. What is PrEP?

Pre-Exposure Prophylaxis (PrEP) is medicine that lowers the risk of getting Human Immunodeficiency Virus (HIV)* before an exposure through sex or sharing needles/syringes. The medication is highly effective when taken consistently. PrEP can be taken orally in pill form every day, or you can receive an injection (shot) every 2 months. People who use PrEP should take the medicine as directed and return to their healthcare provider every 3 months for HIV testing, prescription refills, and follow-up.

2. Who should take PrEP?

PrEP may be right for you if you test negative for HIV and if you have:

- Had anal or vaginal sex in the past 6 months with someone who has HIV or an unknown HIV status.
- Not use a condom every time you have sex.
- Been diagnosed with a sexually transmitted infection (STI) in the past 6 months.
- Shared needles, syringes, or other equipment to inject drugs with someone who has HIV or an unknown HIV status.

3. What are the side effects of PrEP?

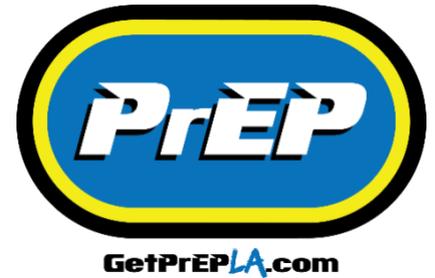
PrEP is safe and most people do not have side effects. However, you might experience some of the following when you begin taking the medication: upset stomach, headache, vomiting, or loss of appetite. These side effects are usually mild and go away during the first month of taking PrEP. Talk to your healthcare provider if any of these symptoms do not go away or you starting experiencing fever, chills, sore throat, cough, or a rash.

4. Does PrEP work?

Studies have shown that PrEP reduces the risk of getting HIV by about **99% from sex** and at least **74% from injection drug use** when taken as directed. It is important to note that PrEP needs time to work. In order to reach maximum levels of protection against HIV, you need to take daily PrEP for 7 days before anal sex and 21 days before vaginal sex. PrEP does not protect against other STIs or pregnancy – **use condoms every time you have sex to help protect against STIs and to lower the risk of pregnancy.**

5. How do I get PrEP?

Most insurance plans cover the cost of PrEP. Talk to your doctor to see if PrEP is right for you. Visit GetPrEPLA.com or call 1-844-YEA-PREP to find where you can get more information about how you can get PrEP.



Key Points

- PrEP is safe and can prevent HIV before a possible exposure.
- Get tested every 3 months for HIV and STIs.
- PrEP does not protect against other STIs or pregnancy so it should be combined with condoms.

For more information:

**Los Angeles County
Department of Public
Health**

www.publichealth.lacounty.gov/dhsp/PEP-PrEP.htm

**California Department of
Public Health**

www.cdph.ca.gov/Programs/CID/DOA/Pages/OA_prev_PrEP.aspx

**Centers for Disease
Control and Prevention
(CDC)**

www.cdc.gov/hiv/basics/prep.html

*For more information on HIV, please see the “HIV FAQ”.

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