

## Can I use PrEP and contraception together?

Yes, PrEP can be taken with any kind of contraception.

## Can I share PrEP with other people, my HIV-positive partner or use someone else's HIV medication?

It is important not to share your PrEP pills. Using other people's ART pills can lead to side effects, allergic reactions, make the medicine less effective, or result in not having enough medication.



### Does PrEP have side effects?

Some people get mild side effects when they start PrEP. The most common side effects include headaches, nausea, vomiting, rash, and loss of appetite.

In most people, these side effects go away after a few weeks.



## What happens if you take PrEP and you are HIV-positive?

PrEP should not be used as HIV treatment. HIV-positive people need a combination of three ARVs for treatment, given by the healthcare provider, according to their needs.

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**PrEP** works when used together with other effective HIV prevention methods.

It does not prevent STIs or pregnancy.

## If I take PrEP, can I stop using condoms when I have sex?

PrEP is an extra HIV prevention option and where possible, should be used in combination with condoms. Using condoms is still the best way to prevent HIV infection. Condoms protect against STIs and pregnancy when used correctly and consistently.

## Is PrEP for me?

Taking a pill everyday for ongoing protection from HIV might not be for everybody, but it is an excellent option for people at high risk of getting HIV. Most people can safely use PrEP, but a healthcare provider will need to determine if there is any reason why you should not take it.

## Where can I get PrEP?

Currently in South Africa PrEP is being provided through a limited number of service delivery sites. If you feel you are at risk of getting HIV, and want to find out more about PrEP, please visit or call:



You'll find more information on PrEP, and where you can get PrEP.

[www.myprep.co.za](http://www.myprep.co.za)



# Frequently Asked QUESTIONS

## on Pre-Exposure Prophylaxis (PrEP)

THE ONE GENERATION THAT WILL END HIV

I HAVE THE RIGHT TO LIVE HIV FREE  
I HAVE THE DUTY TO HELP STOP THE SPREAD OF HIV



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# What is PrEP?



PrEP is the use of anti-HIV medication that keeps HIV-negative people from getting HIV.

## How well does it work?

HIV-negative people who take PrEP every day can lower their risk of HIV by more than 90%.



Photo source: Adelle Stock. Appearance in a photograph in this material does not indicate a person's health status.

## What is the difference between PrEP, PEP, and ART?

- All three contain antiretroviral medicines in different combination for different purposes:
- **PrEP** is a pill that has 2 anti-HIV medicines taken daily to prevent HIV for HIV-negative people
  - **PEP** is taken within 72 hours after exposure to HIV (eg after rape) for 28 days to prevent HIV
  - **ART** is a 3-medicine treatment for HIV-positive people to reduce the levels of HIV in a person's body

Acknowledgment: Information adapted from: [https://www.cdc.gov/hiv/pdf/prep\\_gl\\_patient\\_factsheet\\_prep\\_english.pdf](https://www.cdc.gov/hiv/pdf/prep_gl_patient_factsheet_prep_english.pdf), <http://bhekisa.org/article/2016-04-21-what-you-need-to-know-about-prep>, [prepfacts.org](http://prepfacts.org) and Mia Malan April 2016.

# PrEP is only for people who are HIV-negative.

PrEP is recommended for people with high risk for HIV exposure.

## How often do I need to take PrEP?

You need to take it once a day at more or less the same time. You can take it within a few hours of your normal time - as long as you only take one pill a day.

## Is PrEP Safe?

PrEP has been shown to be very safe. PrEP is also safe with alcohol and drugs, as well as contraceptives and other medicine.

## How long does it take for PrEP to work?

It takes up to 7 days to be fully protected. PrEP must be taken daily!

## Can I get HIV from taking PrEP?

No, you cannot get HIV from PrEP. The medications in PrEP work to prevent HIV.

## What happens if I miss a pill?

If you missed a pill, take it as soon as you remember, and continue to take daily as before. Be sure to use condoms as an extra prevention option.

## If I take PrEP, does this mean I have to take it for the rest of my life?

No. It is important that you take PrEP daily while at risk of getting HIV, but when you feel that you are no longer at risk you can talk to your healthcare provider about stopping PrEP.

## What if I want to stop taking PrEP?

If you decide PrEP is no longer useful, discuss stopping with a healthcare provider. You will get information for how long after you should continue to make sure you are properly protected.

## Can I take PrEP for one night only?

No. You need to take the pill once a day for at least 7 days before you are fully protected.

## Does PrEP provide other protection?

No. It only protects against HIV infection. PrEP does not protect against pregnancy or other sexually transmitted infections.