

PREP AND PEP

in Los Angeles County

GetPrEPLA
GetPrEPLA.com

PREVENT GETTING
HIV BEFORE
EXPOSURE



PrEP = Pre-Exposure
Prophylaxis

Prophylaxis = Prevention

PREP TO
PREVENT HIV

- **PrEP** (Pre-Exposure Prophylaxis) is a medication (taken as a pill or injection) that helps you prevent HIV.
- **PrEP** reduces the risk of getting HIV by about 99% from sex and at least 74% from injection drug use.
- **PrEP** does not protect against other STIs or pregnancy – condoms are still recommended every time you have sex.

PREP MAY BE
FOR YOU

- **PrEP** can help you prevent HIV if you have tested negative for HIV, and are:
 - Sexually active
 - Sharing injection drug equipment
 - Experiencing intimate partner violence
- **PrEP** has been shown to work for people of all genders and sexualities.
- **PrEP** is an additional prevention tool if your partner is living with HIV.



MOST INSURANCE
PLANS COVER PrEP
Including Medi-Cal!



MORE ABOUT
PrEP

- If you regularly worry about HIV, ask your healthcare provider if **PrEP** may be right for you.
- You'll have to take an HIV test before starting **PrEP**.
- While you are on **PrEP**, you will need to see a healthcare provider for regular check-ups and HIV/STI tests.



Finding a place to get PrEP or PEP has never been easier! Scan the QR code below to find a PrEP Center of Excellence near you.



Ask for a PrEP navigator to schedule your appointment today!

GOT QUESTIONS?

Web: **GetPrEPLA.com**

Call our automated info line:
1-844-YEA-PREP
(1-844-932-7737)



PREVENT GETTING HIV AFTER EXPOSURE



PEP = Post-Exposure Prophylaxis

Prophylaxis = Prevention

PEP

IS EMERGENCY MEDICATION AFTER POSSIBLE EXPOSURE TO HIV.



EMERGENCY PEP TO PREVENT HIV

- **PEP** (Post-Exposure Prophylaxis) is an emergency medication that is **taken for 28 days** to prevent HIV after a recent and possible exposure.
- **PEP must be started within 72 hours** of a possible exposure to HIV. The sooner the better.
- **PEP** does not protect against other STIs or pregnancy – condoms are still recommended every time you have sex.

WHO SHOULD TAKE PEP?

Take PEP within 72 hours for the following possible exposures to HIV:

- You had anal or vaginal sex without a condom with someone who is living with HIV or unknown HIV status.
- You had anal or vaginal sex and the condom broke with someone who is living with HIV or unknown HIV status.
- You shared a needle, syringe, or other injection drug equipment with someone who is living HIV or unknown HIV status.
- You experienced a sexual assault.

IF YOU THINK YOU WERE EXPOSED TO HIV WITHIN THE LAST 72 HOURS, IMMEDIATELY GO TO A CLINIC, URGENT CARE, OR EMERGENCY ROOM.



PEP WORKS!

- **PEP** is highly effective at preventing HIV when taken as prescribed.
- **PEP** works best if started within 72 hours of a possible HIV exposure.
- **PEP** should be started as soon as possible -- **Every hour counts!**
- **PEP** works best when you take it for the full 28 days. Do not stop taking **PEP** without talking to your healthcare provider.



MORE ABOUT PEP

- **PEP** protects people who are not living with HIV. You'll have to take an HIV test before starting **PEP**.
- **PEP** can cause mild side effects (e.g. nausea, diarrhea), especially at the beginning of treatment.
- When you finish **PEP**, you will take another HIV test to make sure that **PEP** worked.
- Consider **PrEP** if you have had to take **PEP** more than once.



Talk to your healthcare provider about whether **PrEP** or **PEP** is right for you.

Financial assistance is available for your medication co-payments. **PrEP** and **PEP** are available for low-cost or free, even if you do not have health insurance.

For tips on how to talk to your doctor about PrEP, visit [CDC.GOV](https://www.cdc.gov) - Search "Doctor About PrEP."