

PREP 101 BASICS:

Pre-Exposure Prophylaxis

PRE = Before
EXPOSURE = a risk for HIV infection (sex without condoms/condom breakage)
PROPHYLAXIS = treatment to prevent infection

PREP CAN HELP PREVENT HIV.

One Pill Every Day

Some of the same medicines prescribed for treatment of HIV can also be prescribed for its prevention. PrEP can stop HIV from taking hold and spreading throughout your body. When taken daily, PrEP is highly effective for preventing HIV from sex or injection drug use.

Follow Ups, Refills & Side Effects

People taking PrEP should take the pill every day, follow up with their health care provider every 3 months as well as for prescription refills. There may be some side effects when taking PrEP; your provider will monitor these at your 3 month visits. Vaden can do the initial appointment over the phone, and the 3 month follow up testing can be done with a Web or phone visit, the same way they do STI screening over the web.



PrEP and trans/NB/GNC folks

Trans/NB/GNC folks have all kinds of bodies and all kinds of partners. Your sexual activities may include being a receptive and/or penetrative partner in anal, oral or front hole sex. Informing a provider about any surgeries you have had or hormones you are taking, will help them share the most important information with you about STI & HIV prevention, screening and PrEP eligibility.

For more information check out these resources:



PREP IS AVAILABLE AT VADEN!

HIV PrEP is covered by Cardinal Care with a copayment. Get a coupon from the Gilead web site & the co-pay will be zero. Vaden will never bill you or parents for any medical visits related to PrEP or STI screening. You will need some blood work done to test for HIV and other sexually transmitted infections; you not need a general physical exam. Most insurance companies cover PrEP.

Sources: Centers for Disease Control and Prevention (cdc.gov) and Stanford University Vaden Health Center, <http://i-base.info/>

99% lower risk

In several studies of PrEP, the risk of getting HIV from sex was about 99% lower for those who took PrEP consistently compared to those who did not take the medicine. PrEP is much less effective when it is not taken consistently.

PrEP + Condoms

PrEP can provide a high level of protection against HIV, but **ONLY CONDOMS** can protect again other STIs like syphilis and gonorrhea. Regardless of gender identity, sex without the use of barriers (e.g., condoms) or prophylactic medication (i.e., PrEP) increases the risk of HIV infection.



SHOULD I BE TAKING PREP?

PrEP should be used by people who are at high risk of becoming infected with HIV by sexual activity, regardless of sexual or gender identity.

Talk with a provider at Vaden about the kind of sex you are having to see if taking PrEP would be a good fit for you and how to continue to protect yourself from other STIs not addressed through taking PrEP.

At Vaden, the care is confidential, but not anonymous. Vaden can work with students on PrEP and encourage students to start, when appropriate. It should be as routine as any other preventive care.

