

A photograph of a young Black couple embracing. The man is in the foreground, smiling, with the woman behind him, also smiling. They are both wearing white t-shirts. The background is a dark, textured grey.

PrEP & PEP

New
ways to
prevent
HIV



PrEP

Protect
yourself
from HIV
every day

PrEP+talk



PrEP+talk

- If you are HIV-negative and concerned about exposure to HIV, **PrEP** may be right for you.
- **PrEP** is a once-a-day pill that can protect you from HIV as long as you take it **every day**.
- Condoms provide additional protection against HIV, most sexually transmitted infections (STIs) and unintended pregnancy.

PrEP = Pre-exposure Prophylaxis
Prophylaxis = Prevention





Share
the
night,
not HIV

Daily PrEP to prevent HIV

- **PrEP** (Pre-exposure Prophylaxis) is a daily pill that helps you stay HIV-negative.
- If you take PrEP every day, as prescribed, it greatly reduces your risk of HIV.
- Condoms provide additional protection against HIV and other sexually transmitted infections (STIs), even while you take PrEP.

PrEP is for people at high risk of HIV

- PrEP can protect people who are HIV-negative and are:
 - At risk of being exposed to HIV through sex or injecting drugs
 - Ready to take a daily pill
- PrEP has been shown to work for gay and bisexual men, heterosexual women, and men and people who inject drugs, and is an effective way for trans and gender diverse people to prevent HIV.
- PrEP can help protect anyone whose partner has HIV and is not yet undetectable.



PrEP

More about PrEP

- If you regularly worry about HIV, ask your doctor if PrEP may be right for you.
- PrEP protects people who are HIV-negative. You'll have to take an HIV test before starting PrEP. You may have to take other tests to make sure it's safe for you to use PrEP.
- While you are on PrEP, you will need to see a healthcare provider for regular check-ups and HIV and other STI tests.



PrEP



PEP

Prevent
HIV after
exposure

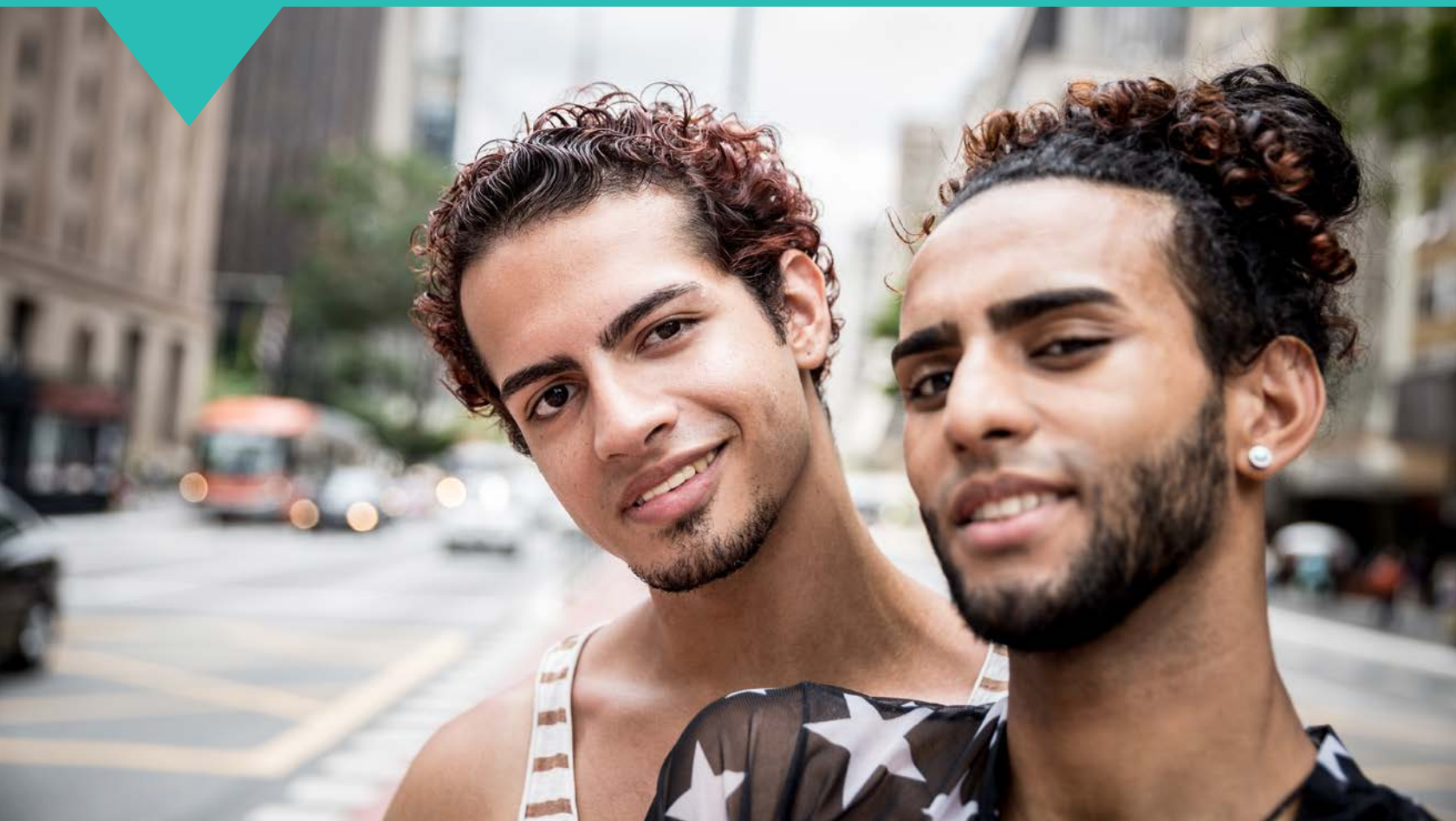
PrEP+talk



PrEP+talk

- If you are HIV-negative and exposed to HIV, PEP can stop HIV before it infects your body.
- PEP is an emergency medicine you take right after you are exposed to HIV.

PEP = Post-exposure Prophylaxis
Prophylaxis = Prevention





PEP

PEP kept
me HIV-

PrEP+alk

Emergency PEP to prevent HIV

- With PEP, you begin taking pills to stop HIV infection right after you are exposed to HIV and you keep taking them for 28 days.
- PEP can stop HIV if started within 72 hours of exposure, but is most effective when started within 24 hours.
- PEP can protect you in an emergency—for example, if you had anal or vaginal sex without a condom with someone who has or might have HIV. PEP can also stop HIV if you were exposed while injecting drugs.

PEP works best if started right away.

- If you think you were exposed to HIV, go to a clinic or emergency room right away and **ask for PEP**.
- You should begin PEP as soon as possible.
- PEP works best if you take it for the full 28 days.

Do not stop taking PEP without talking to your health care provider.



PEP

More about PEP

- PEP protects people who are HIV-negative. You'll have to take an HIV test before starting PEP.
- PEP can cause mild side effects, especially at the beginning of treatment.
- When you finish PEP, you will take another HIV test to make sure that PEP worked.



PEP



ONTARIO
HIV TREATMENT
NETWORK