

# PrEP

## ENHANCING PROTECTION FOR HIGH-RISK NEGATIVES

### WHAT IS PrEP?

Pre-Exposure Prophylaxis, **PrEP**, is an HIV prevention strategy for people who are at high risk for getting HIV.

PrEP involves taking one pill daily. The pill, Truvada®, is a prescribed medicine made of two drugs, tenofovir and emtricitabine.

PrEP is not 100% effective. **It should be used in addition to, not instead of, other prevention strategies.**

Research shows that **consistent use** of PrEP reduces the risk of getting HIV sexually and from needle sharing by up to 92%. It is much less effective without consistent use.

### WHO IS IT FOR?

PrEP is not for everyone. **It is an option for people who have an on-going, high risk of getting HIV.** According to the CDC:

*For sexual transmission, this includes anyone who is in an ongoing relationship with an HIV-positive partner. It also includes anyone who*  
1) is not in a mutually monogamous relationship with a partner who recently

tested HIV-negative, **and**  
2) is a

- gay or bisexual man who has had anal sex without a condom or been diagnosed with an STD in the past 6 months; or
- heterosexual man or woman who does not regularly use condoms during sex with partners of unknown HIV status who are at substantial risk of HIV infection (e.g., people who inject drugs or have bisexual male partners).

*For people who inject drugs, this includes those who have injected illicit drugs in past 6 months and who have shared injection equipment or been in drug treatment for injection drug use in the past 6 months.*

*Health care providers should also discuss PrEP with heterosexual couples in which one partner is HIV-positive and the other is HIV-negative as **one of several options to protect the partner who is HIV-negative during conception and pregnancy.***

*(Source: Pre-Exposure Prophylaxis for HIV Prevention, CDC, May 2014)*

### WHAT COMMITMENT IS INVOLVED?

A person on PrEP will need to:

- Meet with a prescribing provider for further screening.
- Take an HIV test to document negative status before starting.
- **Take Truvada® every day as directed.**
- Use other effective prevention strategies while using PrEP.

- **Attend visits at least every 3 months** for follow-up, including:
  - HIV testing; PrEP adherence and side effects counseling; behavioral risk reduction counseling; testing for pregnancy, other STIs and renal functioning as required.

### THE NEXT STEP

Potential users should discuss whether PrEP is right for them with a prescribing health care provider. They may want to read and take the CDC brochure Talk to Your Doctor about PrEP, to the visit. ([http://www.cdc.gov/hiv/pdf/risk\\_PrEP\\_TalkingtoDr\\_FINALcleared.pdf](http://www.cdc.gov/hiv/pdf/risk_PrEP_TalkingtoDr_FINALcleared.pdf))

PrEP is often covered by Medicaid and insurance companies. For people without insurance, the maker of Truvada®, Gilead, may be able to help with the cost. [1-855-330-5479\\*](tel:18553305479)

**More information is available at:**

Project Inform: PrEP  
<http://www.projectinform.org/prep>

Basic PrEP Q&As  
[www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html)

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