

# HIV PrEP Basics

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## What is PrEP?

PrEP stands for Pre-Exposure Prophylaxis. It is a daily medication that acts as an HIV prevention tool for people who are at ongoing high risk of contracting Human Immunodeficiency Virus (HIV).

## Does PrEP work?

If taken consistently, PrEP has been shown to reduce the likelihood of an individual contracting HIV from unprotected sex, sharing injection drugs, or from a sexual partner who is HIV-positive. PrEP is most effective when used with other forms of protection, like latex condoms.



## Will PrEP prevent other STDs?

PrEP does *not* provide protection against other STDs, such as chlamydia, gonorrhea, syphilis, herpes, and/or HPV, and is *not* meant to take the place of condom use or other protective measures. Consistently practicing safer sex (using male condoms, female condoms, dental dams, lube, etc) is a very effective way to reduce the risk of contracting or transmitting STDs.

## Does PrEP prevent pregnancy?

No! PrEP is *not* a contraceptive medication and does *not* prevent pregnancy. Seek out a health professional for more information on contraception and family-planning options.

## What is involved in PrEP treatment?

HIV-negative individuals who are considering PrEP must undergo a medical evaluation before preventive treatment can begin. If PrEP medication is prescribed, it must be taken *every day* in order to work. In addition, lab testing and follow-up HIV screenings are required every 3 months to monitor the body's response to PrEP and to confirm HIV status throughout the treatment.

## Who can prescribe PrEP?

The medication can be prescribed by HIV treatment specialists or primary care providers. Lab tests and follow-up HIV screenings can be ordered by the same medical professionals.



## How is PrEP paid for?

Many insurance companies will cover all or part of the cost of PrEP. There are also patient assistance programs that may help ease the cost of the medication.

## Is it important to work with a medical professional for PrEP?

Yes! PrEP is often used to help an individual stay protected through a period of their lives when their risk for contracting HIV is high. Anyone considering PrEP should be assessed for their risk factors, ability to take a pill-based medication consistently, and any behavior changes that could help reduce current risks.



## Additional Resources

For more information on PrEP, visit [www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html) or [www.azhiv.org/prep](http://www.azhiv.org/prep). To arrange a PrEP eligibility consultation, contact Northland Cares at (928) 776-4612.

