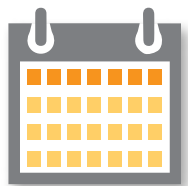




PrEP Basics



PrEP is safe and can reduce your risk of HIV by more than 99%.



It takes at least 1 week on PrEP before you'll be protected for anal sex, and 3 weeks for vaginal sex.



Take 1 pill once a day. Finding a routine is essential.



Get tested for HIV and STIs every 3 months.



Tell your provider if you plan to stop (or restart) PrEP.

TAKING THE PILL

One pill per day

PrEP (pre-exposure prophylaxis) is most effective if taken daily. PrEP can be taken even if drinking alcohol or using recreational drugs.

Getting into a routine

- Try to take a pill at the same time each day.
- Consider taking a pill with you if you will be out late.
- Set calendar or text message reminders. Check out www.sfcityclinic.org.

Missed a dose?

Just take it when you remember. For example: If you usually take in the AM, but realize at 10PM that you forgot, it's okay to take 1 pill then and continue with your usual schedule the next day (don't take 2 pills at once).

Possible side effects

- Some people have gas, nausea, or headache. These symptoms go away within the first month.
- Some PrEP medications can cause small changes in kidney function and bone mineral density, or small changes in cholesterol and weight, which return to normal once PrEP is stopped.

STAY HEALTHY

- PrEP is highly effective but doesn't protect against other STIs. Condoms provide additional protection against HIV and prevent STIs.
- Protect yourself from other diseases: Get vaccinated for Hepatitis A and B and meningitis.



YOUR PRESCRIPTION

Filling your prescription

- Refills are not always automatic. Contact your pharmacy when you have 5 pills left so you don't run out.
- Before traveling, let your healthcare provider and/or pharmacy know that you may need an extra refill if you are low on medication.

Cost

- If you are having trouble paying for PrEP, there are assistance programs that may help cover the cost.
- **For help, contact the City Clinic PrEP line at 628-217-6692.**

STAYING PROTECTED

Lab testing

- Before starting PrEP, you will get tests for HIV, STIs, kidney function, and Hepatitis B and C.
- You will also get tested for HIV and STIs every 3 months and a kidney function test every 6-12 months.

Stopping PrEP

- If you want to stop PrEP, talk to a healthcare provider about using other HIV prevention strategies. If taking a daily pill is not working for you, ask your healthcare provider about whether 2-1-1 PrEP (scheduling PrEP pills based on the timing of when you have sex) could work.
- If you have condomless sex while not taking PrEP, call your provider within 72 hours for post-exposure prophylaxis (PEP).

Restarting PrEP

- If you've stopped PrEP for more than 7 days, it is important to get an HIV test before you restart.
- Report any flu-like symptoms or rashes to your healthcare provider as they could be symptoms of HIV.