



KNOW ABOUT

PrEP

(Pre Exposure Prophylaxis)

PREVENT HIV

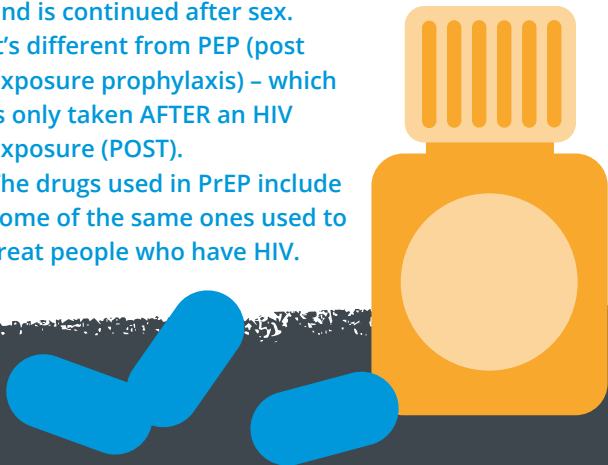
UK EDITION

There is a new HIV prevention option available.

- PrEP stands for pre exposure prophylaxis.
- Not everyone can or will want to use PrEP.
- But it's important we all know about it – including people with HIV.
- PrEP is becoming increasingly available and used around the world.

PrEP is a pill that can stop the person taking it from getting HIV.

- It's started BEFORE sex (PRE) and is continued after sex.
- It's different from PEP (post exposure prophylaxis) – which is only taken AFTER an HIV exposure (POST).
- The drugs used in PrEP include some of the same ones used to treat people who have HIV.





PrEP offers a new option to reduce HIV rates, which remain high.

- Condoms have been very effective in preventing tens of thousands of HIV infections.
- But HIV rates have remained relatively stable.
- If PrEP is targeted to the people who need it the most, it has the potential to significantly reduce HIV in individuals and across the population.



PrEP is extremely effective at preventing HIV when taken as directed, with few side effects.

- Research shows that PrEP is very effective at preventing HIV. These studies have tested PrEP in 'real world' situations.
- In research where PrEP didn't work, it was usually because participants didn't or weren't able to take it as prescribed.
- Very few people who use PrEP encounter side effects – mostly headaches or feeling sick and this usually goes away over time.

PrEP is for HIV negative people who are likely to be exposed to HIV.

- PrEP can only be used by people who don't already have HIV.
- Not everyone will want to use PrEP.
- PrEP will most benefit people who are at high risk of HIV.
- In the UK this includes people who have sex in networks with higher rates of HIV, like gay and bisexual men and people from some African communities.
- It might also include people who have less control over their sex lives (including some sex workers).



Taking PrEP involves taking pills (usually daily) and regular HIV & STI tests.

- Most people who use PrEP take a pill every day.
- Cis men – who know ahead of when they are going to have sex – can use PrEP for short periods of time around episodes of sex. But, there's currently not enough research to show if this way of taking PrEP works for women and trans people.
- It's important to have regular HIV and STI (sexually transmitted infection) tests when using PrEP.
- The only other regular test that is needed is a simple kidney function test.





Once the drug reaches protective levels it stops HIV from staying in your body.

- It's important for the person using PrEP to have taken the pills in enough time BEFORE sex, and to continue to take the pills AFTER sex.
- This ensures that the drug reaches and maintains levels that are sufficient to be protective.
- PrEP stops the HIV virus from replicating and reproducing inside the body.
- Continuing to take PrEP after sex maintains protective coverage in the event that some HIV virus remains in the body after sex.

PrEP only prevents HIV. Condoms prevent other STIs.

- PrEP only prevents HIV and not other STIs or pregnancy.
- Condoms can help prevent some other STIs. Other forms of contraception (like the pill) are needed to prevent pregnancy.
- Research shows that people who do not already use condoms consistently are the most likely people to be interested in PrEP.
- Regular STI testing will be important to help diagnose and treat STIs.



PrEP is available in the UK through the NHS, or through clinical trials, or by buying online.

- In England, PrEP is now available for free from NHS sexual health clinics. Find out more at – www.prepster.info/prep-nhse
- In Scotland, PrEP is currently available for free from NHS sexual health clinics. Find out more at www.prep.scot
- In Wales, PrEP is available on a limited basis through the PrEPARED project – www.friskywales.org/wales-prep-project.html
- In Northern Ireland PrEP is available from some sexual health clinics – www.rainbow-project.org/how-to-access-prep-in-ni



Buying PrEP online.

- Some people might not be eligible for PrEP on the NHS or through current trials, or might want to buy PrEP privately.
- HIV prevention campaigners have worked to ensure that generic PrEP bought online is genuine.
- It is legal to buy generic PrEP online as long as it is for personal use (up to 3 months' supply at once).
- Visit www.prepster.info and www.iwantprepnow.co.uk for more information on buying generic PrEP.
- PrEP can also be bought from Dean Street – www.dean.st/prepshop/



Different tools work for different people at different times. Choose what works best for you.



Undetectable = Untransmittable

There is now evidence that the risk of HIV transmission from a person living with HIV who is on treatment and has an undetectable viral load is extremely low.

When a person has achieved an undetectable viral load for at least 6 months, the virus cannot be passed on.

For this reason, PrEP would provide no additional benefit for a person in an exclusive relationship with someone with HIV who has an undetectable viral load.

For more information see www.prepster.info/tasp

Is PrEP right for me?

- It's important that all of the groups of people who might benefit from PrEP get to know about it.
- One of the best ways of educating yourself or others about PrEP is by talking to friends, lovers and sexual partners about it.



Who made this booklet?

- Developing HIV Literacy is a project run by Dr Ingrid Young (University of Edinburgh) to understand and better support HIV literacy.
- This booklet was developed in collaboration with HIV Scotland and PrEPster.

Find out more about PrEP: www.prepster.info
and www.hiv.scot



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APRIL 2020

Design: www.createpod.com

Prepster

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