

# combination

# HIV & STI

# PREVENTION



*Prepster*



**THERE ARE NOW  
MANY WAYS  
TO STOP HIV**

*testing*

**PrEP**

**PEP**

**treatment**

**CONDOMS**

# testing

**HIV tests are free and easy to do.** Tests are available through NHS sexual health clinics, some other health centres (including GPs) and through the post. You can often get your results immediately. For more information about testing, visit: [gmfa.org.uk/hiv-testing](http://gmfa.org.uk/hiv-testing)

The only way to know if you have HIV is to have an HIV test. If you think you might have HIV getting tested and treated will help you stay healthy and well. People living with HIV on medication can live as long as HIV negative people who don't have HIV. Someone who is on treatment for HIV cannot pass HIV on. For more information on HIV treatment visit:

[prepster.info/tasp](http://prepster.info/tasp)



# PrEP



PrEP stands for Pre-Exposure Prophylaxis. It's a pill taken before and after sex that stops someone who doesn't have HIV from getting it. It's the same type of pill taken by someone living with HIV to treat HIV. It can be taken daily or around a specific sex event – see [prepster.info/ebp](http://prepster.info/ebp)

PrEP is almost 100% effective if it is taken as prescribed.

For more information on PrEP, visit:

[prepster.info/prep-faqs](http://prepster.info/prep-faqs)

PrEP is currently available for free in the UK through the NHS, or through clinical trials. Thousands of others are buying their PrEP from online pharmacies. If you're thinking of buying PrEP online, here's how to do it safely:

[prepster.info/buying-prep-online](http://prepster.info/buying-prep-online)

# TREATMENT AS PREVENTION (TasP)

## UNDETECTABLE = UNTRANSMITTABLE

### U=U

PrEP prevents HIV and so does HIV treatment. People living with HIV on treatment cannot pass on HIV. The treatment reduces the amount of HIV in the body. This both keeps the person with HIV healthy and makes it impossible to pass HIV on so long as the pills are taken every day.

The sooner you start treatment the better it is for your health. Everyone knowing about HIV treatment can stop HIV fear, anxiety, transmissions and stigma. To find out more go here:

[prepster.info/tasp](http://prepster.info/tasp)

## #UEQUALSU



# PEP

PEP stands for Post-Exposure Prophylaxis. It's a course of medication taken if someone who doesn't have HIV has been exposed to HIV during sex (e.g. if a condom wasn't used or broke). The course lasts 28 days and needs to be started within 72 hours of being at risk.

PEP is available from sexual health clinics in the UK, and can be accessed over weekends and bank holidays from accident and emergency departments.

For more information on PEP, visit:

[gmfa.org.uk/pep](http://gmfa.org.uk/pep)

# condoms

PrEP, TasP and condoms all prevent HIV. Condoms provide a physical barrier, stopping semen and other body fluids being transferred between partners. Water or silicone based lube are the safest to use with condoms.

Condoms are free at all sexual health clinics and are an effective way to reduce the spread of HIV and sexually transmitted infections (STIs). They are also effective at preventing pregnancies, if used correctly.

For more information on condoms, visit:

[prepster.info/rubbster](http://prepster.info/rubbster)



# **SEXUALLY TRANSMITTED INFECTIONS (STIs)**



Sexually transmitted infections (STIs) are passed on from one person to another during sex. Most STIs are easily treated, and it's possible to get vaccinated against some of them. Regular STI check-ups will ensure that STIs are treated quickly, do less damage to your health, and are less likely to be passed on to sexual partners.

STIs are caused by:

- Bacteria such as chlamydia, gonorrhoea and syphilis.
- Viruses such as HIV, genital herpes, HPV (the warts virus) and hepatitis. HIV, genital herpes and HPV can't be cured but can be treated. You can be vaccinated against HPV, hepatitis A and B. Hepatitis C can be cured.

For more information on STIs, visit:

[\*\*gmfa.org.uk/about-stis\*\*](https://gmfa.org.uk/about-stis)

For more information on vaccinations, visit:

[\*\*prepster.info/vaxster\*\*](https://prepster.info/vaxster)





# HOW OFTEN SHOULD YOU GET TESTED?

PrEP users are advised to test for STIs and HIV every 3 months.

It's recommended that everyone who is sexually active tests for STIs and HIV at least once a year even if condoms are always used. It's recommended to test every 3 to 6 months if you change partners regularly.

## symptoms

The most common symptom for an STI is no symptom at all. If left untreated STIs can affect your health.

If you're having sex and notice any of the following symptoms, it's recommended to get tested:

- Pain when peeing
- Itching, burning or tingling around your genitals
- Blisters, sores, spots or lumps around your genitals or your ass/anus/rectum
- Discharge from your genitals or ass/anus/rectum

STI testing is available for free at a sexual health clinic.

To find your nearest clinic, visit:

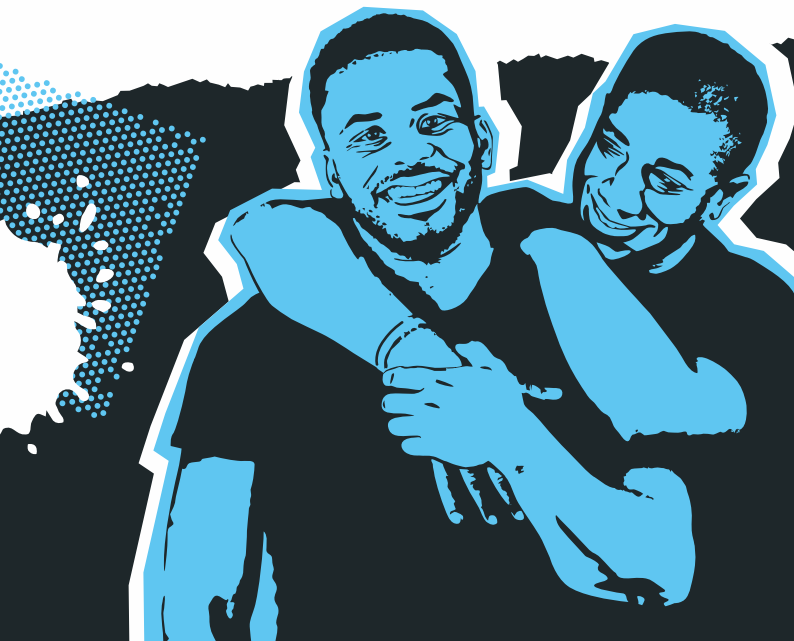
[gmfa.org.uk/clinics](http://gmfa.org.uk/clinics)

To order a free and confidential HIV and STI kit delivered to a London address of your choice, visit:

[bp.shl.uk](http://bp.shl.uk)

(Not available in all London boroughs.)

Outside of London, you may be eligible for a free postal test from [freetesting.hiv](http://freetesting.hiv)





#PrEP4QUE  
MEN of COLOR



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This booklet was produced by PrEPster.  
PrEPster is a project of The Love Tank CIC.

[thelovetank.info](http://thelovetank.info)

For more information on combination prevention visit:

[prepster.info](http://prepster.info)



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