



YOU CAN PREVENT HIV INFECTION THROUGH

PrEP

FOR far too long, people who are at risk of contracting HIV have been left exposed to the virus, without much in the way of protection except for the usage of condoms and Post-Exposure Prophylaxis following sexual emergencies. Moreover, the nature of gender power relations in society often means that women don't always have the confidence or resolve to insist on safe sexual practices at all times in their relationships.

But now, help is at hand in the form a new, safe, HIV prevention method for HIV-negative people, which is known as Pre-Exposure Prophylaxis, more commonly known as "PrEP!"

WHAT IS PrEP AND HOW DOES IT WORK?

PrEP is a combination of anti-HIV medication that keeps HIV-negative people from getting HIV. It is important to note that PrEP only protects against HIV infection, not against pregnancy or other sexually transmitted infections.

In order for PrEP to work effectively, you need to take it once a day at approximately the same time. You can take it within a few hours of your normal time - as long as you only take one pill a day. PrEP must be taken daily, and it takes up to 7 days to be fully protected.

HIV-negative people who take PrEP every day can lower their risk of HIV by more than 90%.

But, if a person is HIV-positive, they have no choice but to take Anti-Retroviral Treatment for the rest of their lives in order to be healthy.

PrEP is also available for men who have sex with men, transgender men and transgender women, HIV-negative people who have HIV positive partners that are not on effective treatment, and heterosexual people who are considered to be at high risk of HIV acquisition.

PrEP requires strict adherence to daily medication and regular HIV testing. Where possible, it should be used together with other HIV prevention methods.

If it is used properly and widely enough, PrEP will play a significant role in helping to reduce the number of new HIV infections in South Africa.

POSSIBLE MILD SIDE EFFECTS

Some people may experience mild side effects when they start PrEP. The most common side effects include:

- Nausea
- Headache
- Tiredness
- Diarrhoea
- Depression
- Abnormal dreams
- Vomiting
- Rash
- Problems sleeping
- Changes in appetite

In most people, these side effects go away after a few weeks.

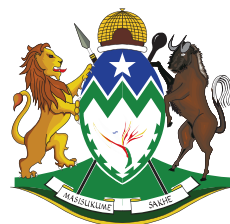
When you feel that you are no longer at risk of HIV infection, you can talk to your healthcare provider about stopping PrEP.

TREATMENT ADHERENCE IS CRUCIAL

If you missed a pill, you need to take it as soon as possible, and continue to take it daily as before.

PrEP is also available for: Men who have sex with men, members of the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex (LGBTQI) community, HIV-negative people who have HIV positive partners that are not on effective treatment, and heterosexual people who are considered to be at high risk of HIV acquisition.

Be wise, you can now prevent HIV and also continue to prevent COVID-19. Let's defeat these terrible twin diseases. Visit your clinic or ask your doctor about PrEP, or visit www.myprep.co.za.



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