

# PrEP for HIV Prevention

## Let's Talk About It

Talking about sex, drug use, and HIV protection with your healthcare provider may not be an easy conversation. But, the more you share, the better they can help you stay HIV-negative. Use this guide with your healthcare provider to talk about your risk for HIV and whether PrEP for HIV prevention may be right for you.

### What Is PrEP?

**PrEP, or pre-exposure prophylaxis, is a daily pill that can protect you from getting HIV. PrEP works very well when taken every day.**

If you're at high risk of exposure to HIV, PrEP is recommended to prevent HIV infection. You can protect yourself with PrEP and take control of your sexual health.



### Is PrEP Right for You?

PrEP is recommended for people who do not have HIV but are at high risk of getting it.

**Regardless of your sex, sexual orientation, or gender identity, PrEP might be right for you if ANY of these apply:**

- You have sex with someone who is HIV positive
- You have had a sexually transmitted infection (STI) within the last 6 months
- You share needles or other drug injection equipment
- You don't always use a condom during sex with:
  - A male sex partner who has (or has ever had) sex with men
  - Someone who injects drugs

If you don't know who else your partner has – or has had – sex with or whether your partner has ever injected drugs, let your healthcare provider know that. It can affect your risk for HIV and whether PrEP might be right for you.

### What Do You Need to Know About PrEP?

- PrEP is a safe and highly effective way to prevent HIV. PrEP works best if you take it every day.
- Before you start PrEP, you'll be tested to make sure that you don't have HIV.
- Once you start PrEP, it is important to keep seeing your healthcare provider for regular follow-up care.
- Like any medicine, PrEP can have side effects. These may include kidney problems, nausea, and headaches.
- Condoms are still needed to protect you from other STIs or unplanned pregnancy.



To help healthcare providers and patients make decisions about PrEP for HIV prevention, the U.S. Preventive Services Task Force has a recommendation on this topic. To learn more, visit [www.USPreventiveServicesTaskForce.org](http://www.USPreventiveServicesTaskForce.org).