

PrEP is a daily pill that can greatly reduce your risk of HIV.

**How it works:**

When taken correctly, PrEP is more than 90% effective at preventing HIV infection.

If you are HIV-negative and identify with any of the following, it's time to take control with PrEP.

I don't know the HIV status of my partner.

My partner is HIV-positive and may or may not be on HIV treatment.

I don't use condoms every time I have sex.

I've had a sexually transmitted infection in the last six months.

I am an injection drug user, or my partner is an injection drug user.

I'm HIV-negative and want to take control with PrEP.

## How To Take Control With PrEP

### Step 1: Talk to a PrEP Navigator.

Navigators are FREE guides who can provide help with getting PrEP, insurance coverage and connecting you to a doctor.

### Step 2: Visit your doctor.

The only way to get PrEP is to visit a doctor who can prescribe the pill for PrEP.

### Step 3: Always take PrEP as prescribed.

### Side note on side effects:

PrEP is safe; but as with many drugs, some side effects like nausea, dizziness, fatigue, weight loss and other symptoms may occur. It is important to talk with your doctor about your health history and any concerns before taking PrEP.

## PrEP vs. PEP What's the Difference?

### PrEP

If you are HIV-negative and want to protect yourself.

Daily pill, every day for as long as you need protection.

Must be taken at the same time each day, every day.

To get PrEP, talk with a Navigator who can then help you contact a doctor who prescribes PrEP.

### PEP

After potential exposure to HIV.

Emergency pill taken for 28 days in a row to help block HIV.

Must be taken within 72 hours of potential exposure.

To get PEP, immediately contact your doctor or emergency room. The sooner PEP is taken, the more effective it is.

**Find a Navigator at [getpreptn.com](https://getpreptn.com).**



# ONE Pill ONCE a Day.

Take control at  
[getpreptn.com](http://getpreptn.com).

Protect yourself from  
HIV with PrEP.

While PrEP protects you  
from HIV, **condom use**  
**is always encouraged**  
to help protect against  
STIs, pregnancy and HIV.

Follow us  
[@getpreptn](https://www.instagram.com/getpreptn).



## Love Confidently

Worry Less and  
Live HIV-Free