

There is an exciting new development in HIV prevention that puts another tool in the hands of HIV-negative people. It's called pre-exposure prophylaxis (PrEP), and we think you should know about it!

Use this brochure to learn more about PrEP and decide whether this HIV prevention strategy may be useful for you or someone you know. If you think PrEP is right for you, share this information with your medical provider so that they are just as informed as you are.

PrEP is an HIV prevention therapy. PrEP is a single pill that you take every day to help prevent HIV infection. HIV is the virus that causes AIDS. HIV-negative individuals can take PrEP, an anti-HIV medication, before coming into contact with HIV to reduce their risk of becoming infected. This medication works to prevent HIV from establishing infection inside the body.

PrEP has been shown to reduce the risk of HIV infection for gay and bisexual men, transgender people, heterosexual men and women, and people who share equipment to inject drugs.

PrEP does not protect against other sexually transmitted infections (STIs) or pregnancy, and it is not a cure for HIV.

Delaware PrEP.org

Delaware PrEP is an HIV prevention educational program provided by the Delaware HIV Consortium and funded by Gilead Sciences.



Delaware HIV Consortium
100 W. 10th Street, Suite 415
Wilmington, DE 19801
www.delawarehiv.org
302-654-5471

Are **YOU**
ready for
PrEP?



DELAWARE
PrEP.org

Why Take PrEP?

With 50,000 new HIV infections each year in the United States, and no cure or vaccine available, prevention is key. When taken every day, PrEP can provide a high level of protection against HIV, and is most effective when it is combined with condoms.

Is PrEP a Vaccine and How Does it Work?



PrEP is not a vaccine. PrEP is not injected into the body and does not work the same way as a vaccine. PrEP is a pill you take by mouth every day that has been proven to be safe and to help block HIV infection. If you take PrEP daily, the presence of the medicine in your bloodstream can often stop HIV from taking hold and spreading in your body. PrEP should be taken daily or as directed by your doctor.

The only currently-approved PrEP pill is called “Truvada” (pronounced tru vá duh). Truvada is taken once a day as a pill, and can be taken with or without food. Protection comes from taking the pill daily, so it is a good idea to take the pill at the same time every day, so that you develop a routine and don’t forget.

How Well Does PrEP Work?

In several studies of PrEP, the risk of getting HIV infection was much lower—up to 92% lower—for those who took the medicine consistently than for those who didn’t take the medicine.

PrEP does not protect you from other sexually transmitted infections or pregnancy. In addition to taking PrEP, condoms should still be used for sex.



Who Should Consider Taking PrEP?

Any HIV-negative adult (18+) at increased risk of getting HIV is a candidate for PrEP. If your sexual partner is positive, you should consider taking PrEP.

You may wish to consider PrEP if:

- You sometimes, rarely, or never use a condom
- You have recently been diagnosed with a sexually transmitted infection (STI)
- You have an ongoing sexual relationship with someone who is HIV-positive
- You are having sex with multiple partners
- You are having sex with someone whose HIV status you do not know
- You have recently shared equipment to inject drugs

If you are currently living with HIV and have a partner who is HIV negative, consider talking to them about PrEP.

Is PrEP Safe?

Your medical provider will do some pre-testing and regular bloodwork to ensure that PrEP is working well with your body. Some people in clinical studies of PrEP had side effects such as an upset stomach or loss of appetite, but these were mild and usually went away in the first month. Some people also had a mild headache. No serious side effects were observed. You should tell your health care provider if these or other symptoms become severe or do not go away. You do not have to stop taking PrEP if you become pregnant.



How Can I Start PrEP?

If you think you may be at risk for HIV (see “Should I consider taking PrEP”), talk to your health care provider about PrEP. If you and your provider agree that PrEP might reduce your risk of getting HIV, he or she will conduct a general

physical and test you for HIV and other sexually transmitted diseases. Your provider may then give you a prescription for PrEP. If you do not have health insurance or a primary care physician, you can find out which providers in Delaware can help you at www.delawareprep.org.

How much does PrEP cost?

The cost of PrEP is covered by most insurance plans in Delaware, including Medicaid. The amount you pay for PrEP will vary according to your health plan, your co-pay for prescriptions, and your deductible. It is a good idea to contact your health plan’s member services/customer service department and ask them how much will be covered and how much you will have to pay.



If you have a high co-pay or deductible, or don’t have health insurance, you still will be able to receive PrEP at no cost through the Medication Assistance Program from Gilead (maker of Truvada™, the only currently-approved PrEP medication) at 855-330-5479. You can ask your pharmacist about Medication Assistance Programs from Gilead too.

Can I get HIV while on PrEP?

It is unlikely, but not impossible. Missing doses increases the chance of HIV infection. It is important to take PrEP as directed.

I may have been exposed to HIV. Is PrEP right for me?

PrEP only works before an exposure, so it wouldn’t be right for this situation. Instead, you might need post-exposure prophylaxis (PEP), which should be taken as soon as possible to be effective.