PrEP 101

PrEP Basics

PrEP stands for Pre-Exposure Prophylaxis. The term "prophylaxis" means to prevent or control the spread of an infection or disease.

PrEP can help prevent you from getting HIV if you are exposed to the virus.

PrEP is an HIV prevention option that works by taking one pill every day.

How Does It Work?

In several studies of PrEP, the risk of getting HIV from sex was much lower — about 99% lower — for those who took the medicines consistently than for those who didn’t take the pill.

Some of the same medicines prescribed for the treatment of HIV can also be prescribed for its prevention.

When taken every day, PrEP can provide a high level of protection against HIV, but it **only** protects against other STIs like syphilis and gonorrhea.

Some people in clinical studies of PrEP had early side effects such as an upset stomach or loss of appetite, but these were mild and usually went away in the first month. No serious side effects were observed. You should talk to your health care provider if these or other symptoms become worse or do not go away.

How Can I Start PrEP?

How Do I Pay for PrEP?

PrEP is covered by most insurance programs.

If you don’t have insurance, your health care provider can direct you to medication assistance programs that may help pay for PrEP.

You can also contact your local health department and HIV/AIDS service organizations for more information.

PrEP Access

How Can I Start PrEP?

Talk with your doctor or health care provider to determine if PrEP is right for you.

If you and your health care provider agree that PrEP might reduce your risk of getting HIV, he or she will test you for HIV and other sexually transmitted diseases.

If PrEP is a good option for you, your health care provider will give you a prescription.

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Is PrEP Right For Me?

I am thinking about PrEP to prevent HIV. What now?

Talk to your health care provider if you have more questions.

Make a list of why you think PrEP would be right for you.

Do your research. Seek out information to help you decide cdc.gov/hiv/basics/prep.html

Frequently Asked Questions

Would PrEP be a good option for me?

How much would PrEP lower my risk of getting HIV?

What else can I do to lower my risk of getting HIV?

Are there any side effects to PrEP?

Can I get help paying for PrEP?

How often will I be tested for HIV and other sexually transmitted diseases?

Will you prescribe and manage PrEP for me?

If you decide PrEP is right for you

Start your PrEP.

Follow your health care provider’s advice about how to take your pill. This will give it the best chance to prevent HIV.

Take your pill every day.

Tell your health care provider if you have trouble remembering to take your pill or want to stop PrEP.

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Start Talking. Stop HIV.

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GET INFORMED.
MAKE THE RIGHT CHOICE FOR YOU.

YOU ARE IN CONTROL

ARE YOU READY FOR PrEP?

Start Talking. Stop HIV.

Learn more by visiting cdc.gov/StartTalkingHIV