

PrEP for women



Benefits of PrEP



PrEP is a **once daily pill** that gives **YOU** the power to control **YOUR** health and avoid getting HIV



PrEP is a way to **protect yourself against changing life situations**, including your partners' sexual practices, HIV status, and condom use



PrEP **does not interact with any form of birth control** including the oral pill, DEPO, or IUDs



PrEP may be an option to **protect you and your baby** against HIV while trying to get pregnant with an HIV positive partner

What you need to know



PrEP only works if taken **EVERY DAY**, and you will need to take it for at least **10 days** before you are fully protected



You may have some minor stomach discomfort when you start PrEP. This usually goes away after the first month



Research has shown that women who took PrEP before or shortly after they got pregnant had **no serious health risks** during their pregnancy. Babies exposed to PrEP during pregnancy or breastfeeding had no serious side effects

How do you access PrEP?



The decision to go on PrEP is yours. PrEP is not just a medication. PrEP is part of a program that connects you with a health care provider to develop a full approach to reducing your HIV risk



Talk with a PrEP navigator about finding a clinic or provider to get started



If you do not have a trusted health care provider, we can help you find one. Visit www.prepmaryland.org or call/text **888-788-PREP** to connect with a PrEP provider anywhere in Maryland



PrEP is covered by most insurance plans as well as Medicaid. Payment assistance programs are available, even if you are uninsured

What else can I do to protect myself?



Use Condoms



Use Lube



Get HIV Tested



Test & Treat STIs



Partner Testing



Partner Support



Avoid Substances



Use Clean Needles



Use PrEP

PrEP 101

What if there was a pill that could prevent HIV?

There is.

PrEP

What is Pre-Exposure Prophylaxis (PrEP)?

Let's break it down:

Pre = Before | **Exposure** = Coming into contact with HIV | **Prophylaxis** = preventing an infection from occurring

PrEP is a way to prevent HIV infection by taking **one pill once a day**. Research has shown that PrEP can be up to **99% effective** at preventing HIV infection when taken every day.

PrEP can be used by heterosexual, bisexual, gay and transgender individuals, and also by persons who inject drugs and pregnant women

PrEP is not a cure for HIV and it cannot protect you from pregnancy or other sexually transmitted infections (STIs), like gonorrhea or chlamydia



Is taking PrEP difficult?

No! You will have some things to remember while using PrEP, including:

- ❖ Taking one pill once a day, around the same time every day. The pill is called Truvada[®]
- ❖ Getting regular testing for HIV and STIs (every 3 months); and
- ❖ Having regular visits with your healthcare provider to get your labs checked and refill your medication

You may have some minor stomach discomfort or headaches when you start PrEP, but this usually goes away after the first month

You should consider PrEP if:

- ❖ You don't always use condoms when you have anal or vaginal sex
- ❖ You don't always ask your partner(s) to wear a condom
- ❖ You've been diagnosed with a sexually transmitted infection in the last 6 months
- ❖ You're unsure of the HIV status of your sexual partner(s)
- ❖ You're in a relationship with a partner who has HIV (who may or may not be on HIV treatment)
- ❖ You are a person who injects drugs, or you're in a sexual relationship with a person who injects drugs
- ❖ You don't have HIV and are interested in PrEP

PrEP is covered by most insurance plans as well as Medicaid. There are also payment assistance programs available for people who are insured or uninsured. Your health care provider and PrEP navigator can help you figure out insurance coverage and assistance programs



Visit

www.prepmaryland.org
www.cdc.gov/hiv/risk/prep



Call

888-788-PREP



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