



PrEP

Prevents HIV





PrEP = pre-exposure prophylaxis

PrEP is safe and effective medicine that prevents HIV. PrEP can protect anyone who may be exposed to HIV.

There are three ways to take PrEP:



Daily Pill

Take one PrEP pill every day.



Injection

Get a PrEP injection every two months.



On Demand

For men who have sex with men: Take PrEP pills only before and after sex.

Adolescents can take PrEP without a parent or guardian's permission.

Daily PrEP

Take one pill once a day, even on days when you do not have sex.



Check in with your health care provider every three months to refill your prescription and get tested for HIV and other sexually transmitted infections (STIs). Some providers offer check-ins by phone or video call.

Take daily PrEP using Truvada (or its generic) or using Descovy.





Injectable PrEP

Visit your provider every two months to get an injection of the PrEP medicine Apretude and get tested for HIV and STIs.

It is very important to not miss any scheduled injections. Talk to your provider before you stop injectable PrEP.



PrEP on Demand



PrEP on demand is only for use by men who have sex with men. To use PrEP on demand, take PrEP pills only before and after sex:

- 2 pills 2 to 24 hours before you have sex (the first dose)
- 1 pill 24 hours after the first dose
- 1 pill 48 hours after the first dose



If you keep having sex, continue taking one pill every 24 hours until you have taken two pills after you last had sex.

PrEP on demand prevents HIV during anal sex but should not be used by people having receptive vaginal sex.

Use Truvada or its generic when taking PrEP on demand.



Get Started on PrEP

To find an experienced provider:

- Visit the NYC Health Map at nyc.gov/health/map.
- Find an NYC Sexual Health Clinic location at nyc.gov/health/sexualhealthclinics.
- Call **311** for assistance.

Medicaid and most health insurance plans should cover PrEP without any copays. Ask your provider or pharmacist about programs that help pay for PrEP.



Stay Safe on PrEP



- Take PrEP as prescribed to make sure you have enough medicine in your body to prevent HIV.
- PrEP only prevents HIV. To prevent other STIs, get tested regularly for STIs and use condoms. Talk to your provider about doxy PEP (doxycycline post-exposure prophylaxis), a pill you take after sex to help prevent STIs.



To prevent pregnancy, use condoms or other birth control. You can use PrEP if you are pregnant or taking any form of birth control or hormone therapy.

Staying on PrEP

Tell your provider if anything makes it difficult for you to take PrEP as prescribed or keep your appointments. If you stop taking PrEP, use condoms or another method to prevent HIV.





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For more information, visit nyc.gov/health and search for **PrEP** or scan the QR code.

