

### **What is oral PrEP?**

Pre-Exposure Prophylaxis (PrEP) is a prevention method in which a HIV negative person at high risk of HIV infection takes oral tablets daily to prevent against getting infected with HIV

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Pre-exposure prophylaxis (PrEP) refers to antiretroviral drugs taken daily by HIV negative people who are at ongoing risk of HIV infection to reduce their chances of becoming infected.

### **How Effective is PrEP?**

If used consistently, PrEP can reduce the risk of HIV infection by over 90%. However, because it does not protect against other STI's or unplanned pregnancy, it should always be used with other preventive measures such as condoms for safer sexual practices.

### **Can I share PrEP with others?**

NO. PrEP should only be taken by the person prescribed to and should not be shared with others.

### **Is PrEP safe?**

PrEP is safe. However, a few individuals may experience occasional side effects. Side effects include headaches, nausea and abdominal discomfort which may be experienced occasionally for a short period and will usually reduce after a few weeks of taking PrEP.

### **How does PrEP prevent HIV?**

If you have been taking PrEP correctly and consistently, it helps build a protective layer around your body cells. For example having unprotected sex with someone who is living with HIV or coming into contact with infected body fluid, PrEP can stop the virus from establishing itself in your body.

### **What are side effects of PrEP?**

Some people who take PrEP may experience side effects that last for a short period. These may include; headache, weight loss, nausea, vomiting and abdominal discomfort. These side effects often reduce or stop after a few weeks of taking PrEP.

### **Who needs PrEP?**

PrEP is for anyone who is HIV negative and at an ongoing risk of contracting the virus. Such a person should visit the nearest health facility for a consultation with a health provider. If used consistently studies have shown that PrEP is highly effective in preventing HIV.

### **What are the benefits of PrEP?**

If used consistently, PrEP can significantly reduce the risk of HIV infection, giving you peace of mind. However, it does not protect against other STIs and unplanned pregnancies and should be used with other preventive measures such as condoms.

### **Is PrEP used with a condom and contraceptives?**

PrEP will only protect you against HIV and does not protect you from getting Sexually Transmitted Infections (STI's) and pregnancy. Using condoms will be the best way to prevent STI's.

## What is PEP?

PEP stands for post-exposure prophylaxis. It means taking antiretroviral medicines (ART) after being potentially exposed to HIV to prevent becoming infected.

## Is PEP Right for me?

If you're HIV-negative or don't know your HIV status, and in the last 72 hours you think you may have been exposed to HIV during sex (for example, if the condom broke), shared needles and works to prepare drugs or you were sexually assaulted, talk to a health care provider about PEP right away. PEP is effective, but not 100%, so you should continue to use condoms with sex partners while taking PEP. These strategies can protect you from being exposed to HIV again and reduce the chances of transmitting HIV to others if you do become infected while you're on PEP.

## When should I take PEP?

PEP must be started within 72 hours after a possible exposure. The sooner you start PEP, the better; every hour counts. Starting PEP as soon as possible after a potential HIV exposure is important. Research has shown that PEP has little or no effect in preventing HIV infection if it is started later than 72 hours after HIV exposure. If you're prescribed PEP, you'll need to take it once or twice daily for 28 days.

## Does PEP have any side effects?

PEP is safe but may cause side effects like nausea in some people. These side effects can be treated and aren't life-threatening.

## Can I take a round of PEP every time I have protected sex?

PEP should be used only in emergency situations. PEP is not the right choice for people who may be exposed to HIV frequently—for example, if you often have sex without a condom with a partner who is HIV-positive. PEP is given after a potential exposure to HIV.

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## Frequently Asked Questions About PrEP & PEP

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