



MINISTRY OF HEALTH

JIPENDE JI PrEP

Stay HIV Negative



Current HIV Statistics

Kenya has the joint fourth-largest HIV epidemic in the world (alongside Mozambique and Uganda) in terms of the number of people living with HIV.

The National HIV prevalence among people aged 15-49 was estimated to be 5.9% in 2015. Although there has been a decline in HIV prevalence among the adult population, the decline has almost stabilized since 2008. Kenya's HIV epidemic is geographically diverse, ranging from a prevalence of 26.0% in Homa Bay County in former Nyanza region to approximately 0.4% in Wajir County in former North Eastern region. These new estimates confirm a decline in HIV prevalence among both men and women at National level. Prevalence remains higher among women at 6.5% compared to men at 4.7%. Counties with the highest adult HIV prevalence in 2015 included Homa Bay 26.0%; Siaya 24.8%; Kisumu 19.9%; Migori 14.3%; Mombasa 7.5%; Busia 6.7%; Nyamira 6.4%; Taita Taveta 6.3%; and Nairobi 6.1%.

HIV prevalence among youth aged 15 to 24

The overall national HIV prevalence among youth aged 15-24 years was 3.12%, which translates to 268,588 young people living with HIV.

Annual New HIV Infections (2015)

There were approximately 71,034 new HIV infections among adults aged 15+ years and 6,613 new HIV infections among children aged 0-14 years in 2015. Of the total new infections in 2015, Homa Bay (10,625), Kisumu (9,699), Siaya (8,496), Migori (5,619) and Nairobi (4,981) together contribute about 51% of the total new infections and 53% of the new infections among children. In 2015, counties with the highest new infections among youth aged 15-24 years are, Homa Bay (5,473), Kisumu (4,996), Siaya (4,377), Migori (2,895) Nairobi (2,282), Mombasa (1,283) and Kisii (1,178). Young women in the age group 15-24 accounted for a third of all new HIV adult infections.

7.6%

HIV prevalence
among **women**



5.6%

HIV prevalence
among **men**

Treatment as Prevention (TASP)

Treatment as prevention refers to HIV prevention methods that use antiretroviral treatment (ART) to decrease the risk of HIV transmission. Antiretroviral treatment reduces the HIV viral load in the blood, semen, vaginal fluid and rectal fluid to very low levels ('undetectable'), reducing the risk of onwards HIV transmission.

Current HIV prevention methods

Kenya is on track to achieve the global targets of 'Zero New Infections, Zero AIDS-related deaths and Zero discrimination. New HIV infections are less than a third of what they were at the peak of the country's epidemic in 1993. The government has employed a number of HIV prevention strategies which include;

1. HIV Testing and Counselling (HTC)
2. Condom promotion and distribution
3. Preventing Mother to Child Transmission (PMTCT)
4. Voluntary Medical Male Circumcision (VMMC)
5. HIV education and awareness
6. Antiretroviral Treatment (ART)
7. Behaviour change programmes

In 2016, the government of Kenya introduced a new HIV prevention method known as pre-exposure prophylaxis (PrEP), becoming the second country in sub-Saharan Africa to issue full regulatory approval of the method, which uses antiretroviral drugs to protect HIV-negative people from HIV before potential exposure to the virus.



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PrEP Journey in Kenya



Research and demonstration projects:

There has been various demonstration projects of administering oral PrEP to serodiscordant couples, heterosexual women and populations at high risk of being infected with HIV



Policy/Regulatory:

PrEP is incorporated into the Kenyan HIV Prevention Revolution Roadmap and is also identified as an evidence-based intervention in the most recent Kenya AIDS Strategic Framework (KASF). PrEP is also included in the Guidelines on use of ARV drugs for treating and preventing HIV infections in Kenya – 2016 edition



National PrEP roll out:

The government will roll out the use of PrEP across the country making it accessible to Kenyans who require it to prevent themselves from the risk of acquiring HIV



Frequently Asked Questions

Q. What is PrEP?

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

Q. How effective is PrEP?

If used consistently, PrEP can reduce the risk of getting HIV from unprotected sex by over 90%. However, because it's not 100% effective, it should always be used with condoms, safer sex practices, clean injection equipment, and other HIV prevention methods.

Q. How does PrEP prevent HIV?

If you have exposed yourself to HIV, for example by having unprotected sex with someone who is living with HIV or coming into contact with infected body fluid, taking PrEP correctly can stop the virus from establishing itself in your body.

Q. What are the benefits of PrEP?

If used consistently, PrEP can significantly reduce the risk of getting HIV from unprotected sex. It is more effective when used with condoms, safer sex practices, and other HIV prevention methods.

What is PrEP?

How does PrEP prevent HIV?

How effective is PrEP?

What are the benefits of PrEP?



Q. What are the 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 and often reduce or stop after a few weeks of taking the PrEP.

Q. How should I take PrEP Pills?

For PrEP to be effective, one needs to take it for at least 7 days before any exposure to HIV. Thereafter, the PrEP pill should be taken once a day for as long as a person remains at risk of HIV infection (or as advised by a health care provider). You should not take 2 pills at the same time or on the same day to make up for a missed dose. PrEP best works when used with another prevention method such as condoms.

Q. Am I protected from HIV if I miss a PrEP pill?

When you miss one or more pills, you are greatly reducing the ability of the PrEP to provide you with full protection against HIV infection. Evidence has showed that PrEP provides the best protection from HIV if it is taken consistently every day.

Q. Can I share PrEP with others?

PrEP should only be taken by the person prescribed and should not be shared with others. Anyone who wants to use PrEP should discuss their intention with a health provider.

Can I share PrEP with others?

Am I protected from HIV if I miss a PrEP pill?

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Q. Who can take PrEP?

PrEP isn't recommended for everyone. It's for people who are HIV-negative and at a high risk of HIV infection.

PrEP may be an option for you if you are HIV negative and :

- You have a sexual partner who is known HIV positive and either: not on ART, has not been on ART for 6 months, Suspected of poor adherence to ART, or who has not achieved viral suppression
- You have sexual partner(s) of unknown HIV status and are at high-risk for HIV infection i.e. have multiple sexual partners, has had STIs, engages in transactional sex, injects drugs
- You are engaging in transactional sex (sex in exchange of gifts e.t.c.)
- You have recurrent use of post exposure prophylaxis (PEP)
- You are a sero-discordant couple trying to concieve
- You have STI's frequently
- You use condoms inconsistently or don't use them or you are unable to negotiate condom use during intercourse with persons of unknown HIV status

It is advisable for you to seek guidance from a health provider for any further clarification.

Who can take
PrEP?



Q. If I take PrEP, can I stop using condoms?

No, you shouldn't stop using condoms. While it significantly reduces your risk of HIV infection, PrEP isn't fully protective and should be combined with other methods like condoms to reduce your risk even further.

Q. Does PrEP prevent STIs and pregnancy?

No, PrEP does not prevent STIs and it also does not prevent pregnancy. PrEP should therefore be used together with a condom. For females who are on PrEP and do not want to conceive, they should use a family planning method.

Q. Is PrEP a vaccine?

No PrEP is not a vaccine. It does not cure HIV. It is also not a morning after pill.

Q. How is PrEP (Pre Exposure Prophylaxis) different from Post-Exposure Prophylaxis (PEP)?

Even though PrEP and PEP are both taken by HIV negative people to prevent HIV infection, they are different. PrEP is used by HIV negative people who are at ongoing risk of HIV before exposure to reduce their chances of getting HIV. PEP is used by HIV negative people after a possible exposure to HIV but must be taken within 72 hours.

Is PrEP a vaccine?

Does PrEP prevent STIs and pregnancy?

If I take PrEP, can I stop using condoms?



Q. How long can I take PrEP?

Someone can take PrEP for as long as they remain at risk of HIV infection. However it is important to continue consulting a health provider for advice.

Q. When should I stop/discontinue taking PrEP?

You should stop/ discontinue PrEP if you meet ANY of the following criteria:

- If you become HIV positive
- If you reduce your risk of getting infected with HIV
- If the health care provider informs you that your kidney (Renal) function is low after doing some test.
- If you request to stop
- If you are not adhering to the drugs well

If you are in a discordant relationship and your HIV positive partner has achieved sustained viral suppression. But you should continue to consistently use condom

Q. Where is PrEP available?

Currently, PrEP is available at selected public health centers.





National AIDS and STI
Control Program

For more information on HIV prevention please visit:

www.nascop.or.ke

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