

PrEP FOR HIV Prevention Choice

HIV PREVENTION METHODS... LET'S TALK IT THROUGH!



I really need something that I control, that no one else will know about.

How about the PrEP ring or CAB-LA? These methods can be super discreet. You could also try oral PrEP if you feel confident that you can keep the pills hidden and a secret.

But I also need to prevent STIs!

The only method that also prevents other STIs are condoms. It's also important to visit your clinic for regular STI screening.

What if my partner is living with HIV?

We can offer support for you and your partner. Your partner can start ARV treatment. You can also consider using one of the PrEP methods for additional HIV prevention. Remember, oral PrEP and CAB-LA are the most effective methods when used correctly.

A quick note about pregnancy/ breastfeeding:

If you are **currently pregnant and/ or breastfeeding**, you can use oral PrEP and condoms. In some countries, other PrEP methods may also have been approved, your healthcare provider will advise you.

If you are not pregnant and want to **prevent pregnancy**, you can use the HIV prevention methods listed here (your healthcare provider will advise you) and combine them with a contraceptive method that works for you.



★ Only condoms prevent other STIs too.

🩸 Oral PrEP and the PrEP injection (CAB-LA) require some blood draws.

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I need something that is NOT a condom! I really don't like condoms.

CAB-LA, oral PrEP, or the PrEP ring can work for you!

But what if I need to prevent HIV all over my body?

The ring only works for exposures through vaginal sex. If you want to prevent HIV from any kind of exposure, oral PrEP is the only option proven to prevent HIV from any kind of exposure, including during injection drug use. CAB-LA prevents HIV from any kind of sexual exposure.

I'm pregnant, can I still use any of these methods?

You can definitely use oral PrEP! I know you don't like condoms but they can also be an option, and condoms prevent other STIs too. Your healthcare provider will advise you whether other PrEP methods are approved for pregnant and breastfeeding people in your country.



A quick note about pregnancy/breastfeeding:

If you **are currently pregnant and/or breastfeeding**, you can use oral PrEP and condoms. In some countries, other PrEP methods may also have been approved, your healthcare provider will advise you.

If you are not pregnant and want to **prevent pregnancy**, you can use the HIV prevention methods listed here (your healthcare provider will advise you) and combine them with a contraceptive method that works for you.

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Only some people experience side effects. These are usually mild and most will go away after a few days.

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I need to prevent HIV all over my body, from any kind of exposure!

Oral PrEP works great to prevent HIV from any kind of exposure, whether it is vaginal/anal sex or exposure to blood or during injection drug use. CAB-LA prevents HIV from any kind of sexual exposure.

I also inject drugs and sometimes I share needles.

Oral PrEP will work best for you - think about whether you can commit to taking a pill every day (oral PrEP). Oral PrEP is the only option proven to prevent HIV during injection drug use.



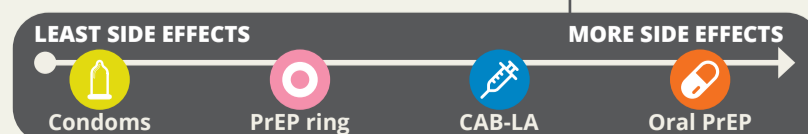
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I just can't take a pill every day... I forget and I don't like it.

CAB-LA, the PrEP ring or even condoms can work for you!

I also really don't like when my blood is drawn for many tests...

No problem! You will need an HIV test before starting a method but this is just a little prick on your finger tip. And the PrEP ring does not require any blood draws, and for CAB-LA, it's minimal. And condoms need no tests or blood draws! Winning!



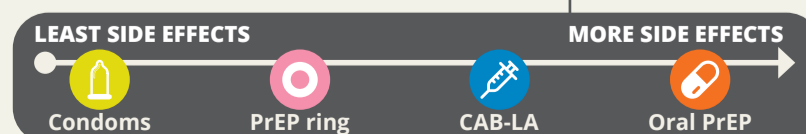
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