

I CHOOSE *Me.*

All the info you need to choose the
HIV prevention option that works for you



**PrEP ♥ IS
CHOICE**
#ICHOOSEME

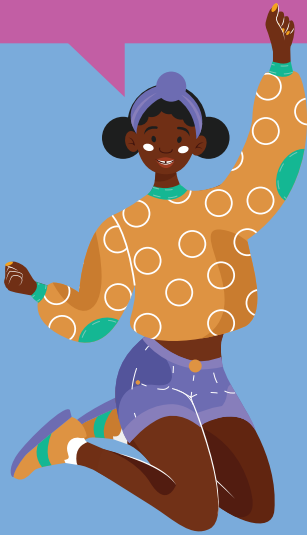


SELF-LOVE IS A VIBE!

I'm not sorry for being my own number one. How about you? I love myself, and I want more ways to put my health first. I see myself living with that main character energy. That's why I choose to know more about the HIV prevention choices I have.

MY HIV PREVENTION CHOICES

I can use either oral PrEP, PrEP ring or CAB PrEP injection. I can choose condoms, testing for HIV and other STIs. And if life happens, I can take PEP after exposure to HIV.



GIVE ME THE FACTS!



PrEP prevents HIV if used correctly and consistently as part of combination prevention.



There are no short- or long-term safety concerns for any PrEP product for you or your partner.



To prevent other STIs and pregnancy, condoms and contraception should be used together with PrEP.

ORAL PrEP

Oral PrEP is a daily pill taken to prevent HIV from any kind of exposure, including all types of sex and sharing of drug injection materials.

- Oral PrEP needs to be taken daily as prescribed to be effective. You can start and stop using oral PrEP when you need to, as explained by a health care provider.
- Oral PrEP starts protecting most people after they have been taking oral PrEP for 7 days.
- When taken as directed, oral PrEP reduces the chances of getting HIV by up to 90%.
- When first starting on oral PrEP, some people may experience mild side effects that include nausea, headaches, stomach discomfort, or vomiting. These usually go away, but if they are severe and you are concerned, visit your health care provider.

PrEP RING

The PrEP ring is a flexible silicone ring that releases dapivirine, is worn in the vagina, and replaced every 28 days to prevent HIV from receptive vaginal sex.

- The PrEP ring must be in place for 24 hours before it provides maximum HIV prevention.
- It's easy to insert and remove the PrEP ring on your own, but it must stay inserted to work. You don't need to remove the ring for sex, bathing, during your period, or to clean it.
- The ring sits high and snug inside the vagina and it cannot get lost in the body or dissolve.
- It can reduce the chance of getting HIV through vaginal sex by about 50% or more.
- Mild to moderate side effects are uncommon and include urinary tract infections, discomfort in the vagina and/or vulva, changes in vaginal wetness or odor, itching, or pain in the lower part of the belly. These are generally resolved with no interruption in ring use.

CAB PrEP INJECTION

CAB PrEP is an injection that prevents HIV from any kind of exposure, including all types of sex.

- The first two injections are monthly, after that injections are every two months. Injections are given in the butt muscle.
- CAB is more than 90% effective – the most effective PrEP method currently available when used as directed.
- Side effects become less frequent over time – these include mild or moderate injection site reactions such as bruising and tenderness as well as headaches, diarrhea, nausea, fatigue, and dizziness.
- CAB PrEP starts preventing HIV for most people about one week after their first dose.



SAVVY STRATEGIES

- Set reminders on your phone to take your pill / replace your ring / get your shot.
- Join or start a support group with friends. It can even be a WhatsApp group.
- Feel free to talk to your healthcare provider about any questions.
- Tell your provider about any challenges you might have with appointment dates, etc.

SOME FREQUENTLY ASKED QUESTIONS

What is PrEP?

PrEP means Pre-Exposure Prophylaxis. It's a medication that reduces the chance of getting HIV for HIV-negative people.

Is PrEP Safe?

PrEP has been shown to be very safe. PrEP is also safe with alcohol and drugs, as well as contraceptives and other medicine.

How does PrEP differ from PEP?

While PrEP is taken before exposure to HIV, PEP, or post-exposure prophylaxis, is an HIV prevention strategy that uses a course of antiretroviral drugs to reduce the chances of getting HIV after exposure to HIV.

Can you get HIV from taking PrEP?

No. The medications in PrEP work to prevent HIV from establishing infection inside the body.

What happens if you miss a dosage?

You are protected if you take your pills, wear your ring consistently, and get your injections on time. Talk to your provider if you have difficulty. They can help you develop strategies for remembering your medication that work for your lifestyle.



If I take PrEP, does this mean I have to take it for the rest of my life?

No. It is important that you take PrEP while at risk of acquiring HIV, but when you feel that you are no longer at risk you can talk to your healthcare provider about stopping PrEP.

What if I want to stop taking PrEP?

If you decide PrEP is no longer a useful HIV prevention strategy for you, it is recommended that you discuss with your healthcare provider before stopping PrEP. If the PrEP method you are taking is no longer working for you, your provider can help you select one that might better fit your lifestyle and needs.

Does PrEP also protect you against other sexually transmitted infections?

No. It only protects against HIV infection. PrEP does not protect against unwanted pregnancy or other STIs, and should be used in combination with condoms and other contraceptive methods.

A REMINDER:

PrEP is only for people who are HIV-negative.

Find out about all the PrEP options you've got:

Bulawayo [insert number and Whatsapp icon]

Chitungwiza [insert number and Whatsapp icon]

Masvingo [insert number and Whatsapp icon]

Beitbridge [insert number and Whatsapp icon]

Ngundu [insert number and Whatsapp icon]

Plumtree [insert number and Whatsapp icon]

