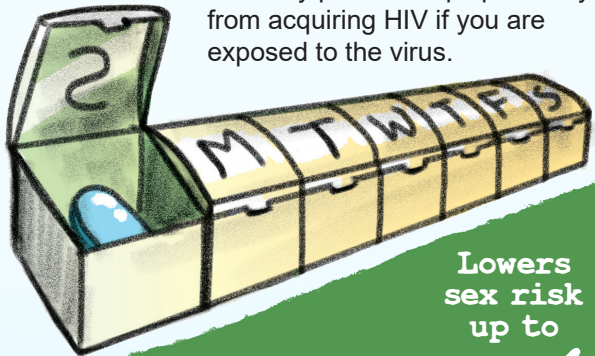


# How PrEP Works

PrEP: Pre-Exposure Prophylaxis is a daily pill that helps prevent you from acquiring HIV if you are exposed to the virus.



Lowers sex risk up to

99%

Most effective with condoms!

Lowers injection drug risk up to

74%\*

\* With no sex risk

## Number of Daily Doses Before You Are Protected

7 days

for anal protection



21 days

for vaginal / front hole and full body protection

## Call Us For Support

### VERMONT CARES

1-800-649-2437

Burlington, St. Johnsbury, Montpelier, and Rutland, VT + Mobile

#### Pride Center of Vermont

802-860-7812

Burlington, VT

Vermont Diversity Health Project | VDHP.org

#### HIV/HCV Resource Center

603-448-8887

Lebanon, NH

#### AIDS Project of Southern Vermont

802-254-8263 | Brattleboro, VT

802-447-8007 | Bennington, VT

## PrEP Providers

Check with your primary health care provider.

#### UVM Medical Center's Comprehensive Care Clinic

802-847-4594

Burlington, VT + Satellite Clinics in Brattleboro, Rutland, and St. Johnsbury, VT

#### Planned Parenthood Health Centers

1-866-476-1321

Nationwide

#### Dartmouth-Hitchcock Medical Center

603-650-6060

Lebanon, NH + Travel Clinic

#### Open Door Clinic

1-802-388-0137

Middlebury, VT



vtcares.org

PrEP Could Be For You!

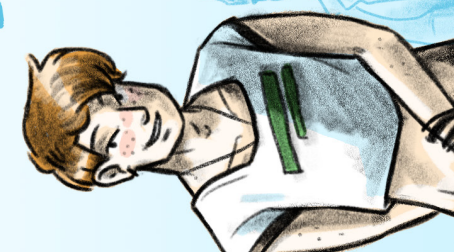


# PrEP Basics



Side Effects?

Cost?



# PrEP Could Be For you!

PrEP is for people who are HIV negative and are at-risk for acquiring the virus. Are you a person who:

- Worries about HIV?
- Does not use condoms during sex with partners of unknown HIV status?
- Recently had gonorrhea or syphilis?
- Wants to have sex without condoms with a partner who has HIV?
- Exchanges sex for money, food, housing, and/or drugs?
- Injects drugs and shares needles?



PrEP can reduce worry and anxiety around sex, enabling a healthier, safer sex life. If you share syringes and injecting equipment, PrEP might be a strategy for you.

## Paying For PrEP

For many, PrEP is free and/or affordable. Insurance, patient assistance programs, Medicaid, and Medicare are all options for PrEP coverage.

Gilead, the drug maker, may help with co-pays for uninsured and underinsured persons, of any citizenship status.

Advancing Access: 1-800-226-2056

**Call us for more ideas!**

## Side Effects

In clinical studies, the most common side effects people have reported when using PrEP were stomach pain, headache and loss of appetite. Oftentimes, these "start-up" symptoms are mild and go away after a month on treatment.

Talk to your health care provider if these or other symptoms become severe or do not go away.

## Actions

### Starting PrEP

Before you begin taking PrEP, talk with your health care provider to determine if it's right for you. Your provider will test you for HIV, Sexually Transmitted Infections (STI), liver disease, Hep B, Hep C, and kidney function.

### While Taking PrEP

PrEP care by a health care provider involves:

- A medication prescription
- Blood work every 3 months for HIV, STI, and kidney check ups.

*Regular HIV testing is required with PrEP, this is usually a blood draw test.*

### Stopping PrEP

Talk with your health care provider before you stop. If you restart, remember the 7-21 day window period before PrEP is effective.

What about PrEP 2-1-1?

AKA "on-demand" or "intermittent"

Find out more at [pleaseprepme.org](http://pleaseprepme.org)

Talk through options with your provider.

Learn together!



**& Play Safer**

