



PrEP & PEP



HOW CAN YOU PREVENT HIV TRANSMISSION?

WHAT IS PrEP?

PrEP, or Pre-Exposure Prophylaxis, is a medication used to prevent getting HIV through sex or injection drug use for anyone who is HIV-negative and wants HIV protection.

Depending on the type of PrEP you are prescribed, PrEP is either 1 pill per day or 1 injection every 2 months. Talk to your provider to see which option is right for you.

WHO SHOULD TAKE PrEP?

People who are HIV-negative, may be vulnerable to HIV, and want HIV protection are eligible for PrEP!

PrEP may be especially helpful for...

- people who have sex with at least one partner and may not know their HIV status
- anyone in a sexual relationship with someone who is HIV-positive and has an unknown or detectable viral load
- people who inject drugs, especially if they share needles, syringes, and/or other drug injection equipment
- people who have been prescribed PEP, including people who have been prescribed PEP multiple times

ARE PrEP AND PEP SAFE?

Both PrEP and PEP are safe, effective, and FDA-approved. Both may cause mild symptoms (like nausea and headache) that typically go away with time or can be treated with over-the-counter medication.

When used as directed, PrEP and PEP are highly effective at preventing HIV.

WHAT IS PEP?

PEP, or Post-Exposure Prophylaxis, also helps prevent HIV but **must be taken within 72 hours after being exposed to HIV**.

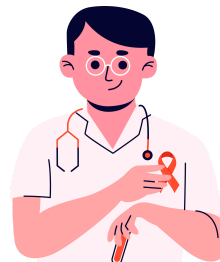
PEP is taken as a daily pill for 28 days.

HOW DO I GET PrEP/PEP?

You can get PrEP from your health care provider. Many insurance programs and Medicaid cover PrEP. You may also qualify for patient assistance programs that can help you pay for PrEP.

PEP can be immediately accessed at most local pharmacies, Planned Parenthood, and emergency rooms.

If you don't have insurance or you are having trouble affording PrEP or PEP under your current plan, a local PrEP Navigator can help. **Visit [GetPrePTN.com](https://www.getpreptn.com) to learn more!**



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Note: PrEP and PEP are not recommended to be taken at the same time. Talk to your provider to learn what's best for you.



Combining Strategies

There are so many strategies to prevent HIV - talk to your provider and see what works best for you!

Visit tinyurl.com/TNHIVPrevention for more information on how you can prevent HIV.



Have questions? Need HIV services?

Scan the QR code to locate services or contact example@tn.gov