



UNDERSTANDING PRE-EXPOSURE PROPHYLAXIS (PrEP)

What is PrEP?

PrEP is where an **HIV negative woman or man, young or old**, takes a daily anti-HIV pill to reduce their risk of becoming HIV infected.

PrEP should be used with other HIV prevention methods, like condoms.

Men should also consider voluntary medical male circumcision.

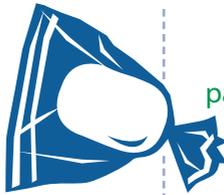
People who want PrEP need to speak to a healthcare provider to see if it is suitable for them. You can still get PrEP if you are under 16 and at risk.



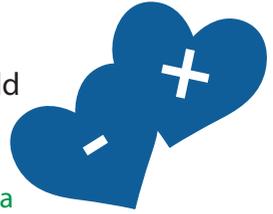
Who Should Take PrEP?

People who are at high risk of acquiring HIV should think about taking **PrEP**.

People who regularly have **unprotected sex** with ANY partner whom they don't KNOW is HIV negative.



The **HIV negative partner** in a **sero different relationship**, especially when they are **trying for a baby**.



PrEP is a new and exciting approach to HIV prevention!



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PrEP means HIV negative people most at risk of getting HIV can take responsibility for their own health so they do not become infected.

PrEP only works when you take it!



You need to take it at the same time every day



Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

You have to take it for 7 days before you're protected



You need to take **PrEP** regularly during times when you are at risk of HIV



You can stop taking it 28 days after the last time you might have been at risk of HIV



It is important to talk with a healthcare worker before you begin taking PrEP

PrEP Helps You Protect Yourself If You Have Risky Sex!

For more information on **PrEP**, contact the following organisations:



AFRAID YOU'VE BEEN EXPOSED TO HIV? Get PEP!

POST-EXPOSURE PROPHYLAXIS (PEP)

What is PEP?

PEP is a four-week course of anti-HIV treatment that may stop you becoming HIV positive after a risky sexual experience when taken within 3 days.



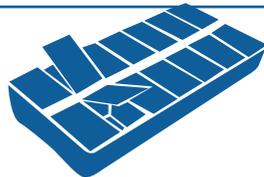
PEP gives **everyone** the chance to prevent HIV from establishing itself in the body **after you may have been exposed to the virus**



PEP needs to be started **as soon as possible** after a high-risk exposure ... ideally **within 24 hours** and **no later than 72 hours (3 days)**

THE MOST IMPORTANT THING ABOUT PEP IS HOW QUICKLY YOU BEGIN TAKING IT!

- ✓ You must take each dose as your healthcare provider tells you.
- ✓ You must finish the course!



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Why Would I Need PEP?



If a condom breaks during sex



In cases of blood to blood contact, during an accident



If you have sex without a condom with a person living with HIV or a person with unknown HIV status



In cases of rape



Through a needle stick injury if you are a healthcare worker

When you access PEP, you will have to take a quick HIV test to make sure you are not already HIV positive.

Once HIV is detectable in the blood, there is no cure.



If You Think You've Been At Risk of HIV – Get PEP!

Where Can I Access PEP?

For more information on **PEP**, contact the following organisations:



WHAT IS RAPID HIV TESTING?

20 mins

Rapid HIV testing is a screening test for HIV that gives you your results in **only 20 minutes.**



All that's required is a **small drop** of blood taken from your **fingertip.**

LIVING WITH HIV IS NOW REGARDED AS A CHRONIC HEALTH CONDITION—LIKE DIABETES OR HIGH BLOOD PRESSURE (BP)

What are the Benefits of HIV Testing?

Fast
you will have your results in only 20 minutes



Knowing
means no more waiting, no more anxiety



Convenient
available at all local health clinics, New Start centres and private doctors



Improves long term health
earlier diagnosis means you get treatment before your body gets weak



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Why do I need to know my HIV status?



Knowing your HIV status is the best thing you can do for your health!



Early diagnosis allows you to make informed decisions to **improve and protect your own health.**



There have been many advances in HIV treatment over the last few years; **access to HIV treatment has never been so easy!**

Whether You Are Positive Or Negative, Knowing Your HIV Status Gives You Control Over Your Own Health

Where and when should I test for HIV?



For anyone who is sexually active, an important part of your sex life is to **test regularly for HIV** and sexually transmitted infections (STIs).

If you have unprotected sex or casual sex partners, it is recommended you have a sexual health screen and an **HIV test every 6 months.**

Everyone should be tested at least once – but if you have been at risk, get tested again.



**I Know My HIV Status – Do You?
Get Tested – Get Treated Today!**

Find out more about HIV testing at the following places:



UNDERSTANDING TREATMENT AS PREVENTION (TasP)

Due to major advances in HIV treatment in the last few years, we are now closer than ever to preventing the transmission of HIV.

The role of anti-HIV medicines in preventing HIV transmission has become known as treatment as prevention or **TasP**.

WITHOUT TasP



WITH TasP



TasP has two parts:

1. Medicines **taken by an HIV positive person** to **dramatically reduce** the possibility of them **passing HIV** to someone else.
2. Medication **taken by an HIV negative person** as **PEP** or **PrEP** (post- or pre-exposure prophylaxis) to **prevent them becoming infected** with HIV.

How does treatment make a difference to prevention?



Early and accessible treatment makes the elimination of HIV transmission a possibility and makes treatment a **key aspect of HIV prevention**.

This is particularly valuable for couples in which one person is HIV positive and the other is HIV negative (**a sero different** or serodiscordant **relationship**).



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Benefits of early treatment

For a **person living with HIV** **early treatment is very beneficial.**

Benefits include:



Lowering the amount of virus in the blood to an undetectable level. This improves long term health outcomes for people living with HIV.



When someone living with HIV has an **undetectable viral load** they are less likely to pass on HIV to a regular sexual partner (with continued condom use).



People living with HIV need to **take control of their own health** by taking their HIV treatment exactly as instructed by their healthcare provider.

Understanding undetectable viral load

The term **viral load** describes the **amount of HIV in a blood sample**. Reaching an undetectable viral load **has two important benefits:**

The virus is held in check (suppressed). This allows your immune system to recover, **preventing illness and protecting** your health.



There is a **much lower risk** of becoming re-infected with another strain of HIV if your partner has an undetectable viral load.

Important! An undetectable viral load does not mean you no longer have HIV! It just means the level of HIV in your blood is too low to be detected by the test.



Treatment Has A Vital Role To Play in HIV Prevention!

Find out more about TasP at the following places:

