

IPCP



**Introducing
PrEP into
HIV Combination
Prevention**



What is PrEP?

- “PrEP” stands for Pre-Exposure Prophylaxis.
- This is one way for a HIV-negative person who is at risk of HIV infection to reduce their risk of becoming infected with HIV.
- The pill approved for PrEP is called Truvada.
- The pill is taken on a daily basis.

**Who should
take PrEP?**

PrEP is recommended for people who are HIV-negative and at substantial risk for HIV infection.

Such as a person who:

- Has multiple sexual partners.
- Has a history of sexual transmitted infections in the last six months.
- Is in an ongoing sexual relationship with an HIV-positive partner.
- Is a person who has unprotected anal sex.
- Is unable to consistently use condoms with a partner of unknown or HIV positive status.

Why take PrEP?

- With an estimated 88,620 new HIV infections among adults in Kenya yearly and no cure for HIV, prevention remains paramount.
- PrEP can provide a high level of protection against HIV, more so when it is taken consistently and combined with condoms and other prevention methods.

**How does
PrEP work?**

- If taken daily, presence of the medicine in the blood has been shown by research to block HIV from taking hold and spreading in the body.
- If PrEP is not taken as prescribed every day, there may not be enough medicine in your blood to block the virus.

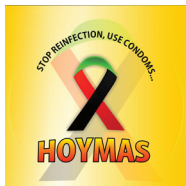
**Is PrEP
safe?**

- The safety of PrEP among HIV negative people has been established medically.
- Some people in clinical studies of PrEP had early side effects such as an upset stomach, loss of appetite and mild headaches, but these were mild and usually went away in the first month.
- Any side effects experienced should be reported to the health provider.

**How can
PrEP be
used
effectively?**

- For maximal reduction of risk PrEP must be taken daily on a continuous basis with other effective prevention strategies including:
 - Correct and consistent use of condoms with lubricants.
 - Getting HIV testing with partners.
 - Screening and treatment for Sexually Transmitted Infections.
 - Choosing less risky sexual behaviors.

Project Implementing partners





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