

PrEP

KEY FACTS YOU SHOULD KNOW

(Pre-Exposure Prophylaxis for HIV Prevention)



What Is PrEP?

PrEP is medicine that prevents HIV before exposure. It's available as **daily pills** or **long-acting injections**. It blocks HIV from spreading in the body and is highly effective (99% for sexual exposure and 74% effective for injection-related exposure) when taken as prescribed.

Who Should Consider PrEP?

You may benefit from PrEP if you are HIV-negative and in the past 6 months you have:

- Had anal or vaginal sex **without condoms**
- A sexual partner living with HIV
- A recent **STI**
- Share needles or injection equipment

PrEP may also be used after PEP, when planning pregnancy with a partner living with HIV, or based on personal preference.

PrEP Options

DAILY PILLS

Truvada® (and generics): For all people at risk

Descovy®: For cisgender men & trans women (not for receptive vaginal sex)

LONG-ACTING INJECTABLES

Apretude® (cabotegravir): Injection every 2 months

Yeztugo® (lenacapavir): Injection every 6 months after a 2-day pill start dose

Is PrEP Safe?

Yes. Long-term data show **no major safety concerns**.

Possible short-term effects: nausea, headache, diarrhea, fatigue, or injection-site reactions.

PrEP does **not** protect against other STIs—continue healthy sex practices and discuss other STI prevention like DoxyPEP with your provider.

How to Start PrEP

1. Talk to a healthcare provider (many offer telehealth; pharmacists can prescribe in some states).
2. Get an HIV test to confirm you are HIV-negative.
3. Complete recommended labs and regular follow-up testing.
4. Many insurance plans cover PrEP; assistance programs are available.

To find LGBTQ+ affirming PrEP providers, visit the [**LGBTQ+ Healthcare Directory**](#).



PrEP is a safe, effective tool for reducing HIV transmission. If you think it may be right for you, visit www.mybodymyhealth.com to learn more about how to maintain your sexual health.