

## What are other ways to reduce my risk of getting HIV?

- Regular condom use
- Choosing lower risk sex
  - Oral rather than anal sex
- Regular STI/HIV testing doesn't reduce risk of HIV
- Safer drug use practices
  - New equipment each time
  - Do not share equipment
  - Smoking or snorting instead of injecting

### Tip:

- Use a weekly pill organizer or have your pharmacy blister pack your pills
- Set a daily reminder on your smart phone, or use a PrEP specific mobile app.
- Set a reminder to get tested every 3 months **before your medication runs out**

HIV prevention:

# ONE PILL, ONCE A DAY.

*PrEP works best when taken every day*

For more information on PrEP and HIV:

- [www.skshiv.ca](http://www.skshiv.ca)
- [www.catie.ca](http://www.catie.ca)

Contact us at:



## What is PrEP

*Frequently asked questions  
about HIV pre-exposure  
prophylaxis*

## What is PrEP?

Pre-Exposure Prophylaxis is a way to prevent HIV negative people from getting HIV, by taking medication. PrEP contains two medications in one pill which stop HIV from being able to take hold in your body, preventing you from becoming infected with HIV.

For PrEP to be effective it needs to be started **before** exposure to HIV and continued after. It is important to take the pill every day for it to work properly.

## How well does PrEP work?

Daily use of PrEP can reduce the risk of HIV infection from sex by up to 99%. If not taken daily, drug levels in the body may not be high enough to prevent HIV infection.

## How much does PrEP cost?

In Saskatchewan PrEP is available at no cost for those with a valid health card

## Is PrEP Safe?

Most people have no side effects from PrEP. Some people may have mild symptoms such as upset stomach, diarrhea, nausea or headache. These effects generally disappear within one or two weeks after starting.

In rare cases, PrEP can affect kidneys and bones. These problems often return to normal once the medication is stopped.

## Does PrEP protect against other Sexually Transmitted Infections?

**No**, PrEP does not protect you from other STIs such as chlamydia, gonorrhea, or syphilis.

It is important to still use condoms to prevent STIs and pregnancy.

## Is PrEP right for me?

PrEP is recommended for people who are at risk of HIV. You may want to use PrEP to stay HIV negative if you:

- Sometimes have sex without using a condom and you don't know the current HIV status of one or more of your sex partners.
- Have had sexually transmitted infections (chlamydia, gonorrhea or syphilis).
- Have a sex partner who is HIV positive and not on successful treatment.
- Use drugs and share drug use equipment.

## What do I need to do to start PrEP?

- Talk to your health care provider or locate a local PrEP clinic.
- Complete blood tests and STI screens before starting.
- A commitment to testing every 3 months while on PrEP.
- Valid health coverage in Saskatchewan.