PrEP 101

PrEP Basics

PrEP stands for Pre-Exposure Prophylaxis. The word “prophylaxis” means to prevent or control the spread of an infection or disease.

PrEP can help prevent you from getting HIV if you are exposed to the virus.

PrEP is an HIV prevention option that works by taking one pill every day

How Does It Work?

In several studies of PrEP, the risk of getting HIV from sex was much lower — about 99% lower — for those who took the medicines consistently than for those who didn’t take the pill.

How Can I Start PrEP?

Talk with your doctor or health care provider to determine if PrEP is right for you.

If you and your health care provider agree that PrEP might reduce your risk of getting HIV, he or she will test you for HIV and other sexually transmitted diseases.

If PrEP is a good option for you, your health care provider will give you a prescription.

How Do I Pay for PrEP?

PrEP is covered by most insurance programs. If you do not have insurance, your health care provider can direct you to medication assistance programs that may help pay for PrEP.

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PrEP Access

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Is PrEP Right For Me?

I am thinking about PrEP to prevent HIV. What now?

Do your research. Seek out information to help you decide. 
cdc.gov/hiv/basics/prep.html

Make a list of why you think PrEP would be right for you.

Frequently Asked Questions

Would PrEP be a good option for me?

How much would PrEP lower my risk of getting HIV?

What else can I do to lower my risk of getting HIV?

Can I get help paying for PrEP?

Are there any side effects to PrEP?

How often will I be tested for HIV and other sexually transmitted diseases?

Will you prescribe and manage PrEP for me?

If you decide PrEP is right for you

Take your pill every day.

Follow your health care provider’s advice about how to take your pill. This will give it the best chance to prevent HIV.

Tell your health care provider if you have trouble remembering to take your pill or want to stop PrEP.

Start Talking. Stop HIV.

/StartTalkingHIV /StartTalkingHIV

PN 222331
GET INFORMED.
MAKE THE RIGHT CHOICE FOR YOU.

YOU ARE IN CONTROL

ARE YOU READY FOR PrEP?

Start Talking. Stop HIV.

Learn more by visiting cdc.gov/StartTalkingHIV