

## What is PrEP?

PrEP is a pill that protects against HIV.

It will enable you to take charge of your sexual health and plan a safer and more enjoyable sex life without worrying about HIV.

It involves taking a pill that you can either take before and after sex OR daily to protect you from HIV.



## Further Information

- [www.gmpash.org.uk](http://www.gmpash.org.uk)
- [www.iwantprepnw.co.uk](http://www.iwantprepnw.co.uk)

Use the tool to find out if PrEP is right for you:

- [www.startswithme.org.uk/prep-tool](http://www.startswithme.org.uk/prep-tool)

Find your nearest sexual health clinic:

- [www.nhs.uk/service-search/sexual-health/find-a-sexual-health-service](http://www.nhs.uk/service-search/sexual-health/find-a-sexual-health-service)

BHA provide HIV and sexual health information, advice and testing for Black, Asian and Minority Ethnic people across Greater Manchester. If you would like to book a test or speak to an advisor, please contact us via email [PaSH@thebha.org.uk](mailto:PaSH@thebha.org.uk) or use our HIV test booking system on our website [www.thebha.org.uk](http://www.thebha.org.uk)



The PaSH  Partnership

Passionate about Sexual Health across Greater Manchester

**BHA** for equality in health and social care

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# PrEP PROTECTS

## A daily pill can prevent HIV



## Is PrEP right for me?

PrEP is a discreet and an empowering way to protect yourself from HIV.

PrEP may be suitable for you if you:

- Are HIV negative.
- Have anal, vaginal, or frontal sex in a variety of situations where condoms are not easily or always used.
- Want to protect yourself from HIV.

If you are HIV negative and take PrEP as prescribed, you will have effective protection against HIV.

To protect you and your partner(s) from other sexually transmitted infections you should use condoms.

## How do I get it?

In the UK, PrEP is available for free from sexual health clinics.

If you contact your nearest clinic staff can answer your questions and give you the advice you need before taking PrEP. They will provide a **confidential service**. You can also get it online (self-purchase) through [iwantprepnov.co.uk](http://iwantprepnov.co.uk) but this service is not free.

## What should I expect before starting PrEP?

Before starting PrEP you'll need:

- A negative HIV test
- Kidney function test
- STI screen

These will be performed by a local sexual health clinic to ensure PrEP is suitable for you.

If PrEP is right for you, you will be required to take regular monitoring tests which will include a full STI screen every 3 months.

If you are self-purchasing PrEP you can still access a sexual health clinic for your regular monitoring.



## What other ways are there to protect myself from HIV?

There are many ways to stay HIV negative. Choose what works best for you.

### PEP

Is an emergency form of treatment taken after potential exposure to HIV. It must be started within 72 hours (3 days) to be effective. It can be accessed from a sexual health clinic or A & E department.

### Condoms

Are the number one way of protecting yourself from HIV and other sexually transmitted infections.

### U=U

When a person is living with HIV and is on effective treatment, it lowers the amount of HIV in the blood. When the levels (the viral load) are extremely low, it is referred to as an undetectable viral load. This means HIV cannot be passed on sexually.

Undetectable = Untransmittable

### Test

Knowing your HIV status means that if you are HIV positive, you can take effective medication to lead a healthy life and prevent passing HIV on to your partner.