Let’s Talk About PrEP
**WHAT IT IS & HOW IT WORKS**

**WHAT IS PEP**
PEP stands for "post-exposure prophylaxis" and is for HIV-negative individuals who may have been exposed to HIV (and who are not currently on PrEP). PEP is an emergency medicine you must start within 72 hours of HIV exposure to prevent transmission.

If you think you need PEP, call APLA Health at 223.329.9900 for assistance Monday through Friday 8 a.m.-5 p.m.

If you believe you were exposed on a Friday or Saturday night, consider going to the hospital ER to access PEP or visit getprepla.com to find a local PEP provider.

**Pep**

- **Prep** is currently available in pill form known by its brand name, Truvada.
- You take 1 pill daily to stay protected.
- When taken every day it is up to 99% effective in preventing HIV.
- People taking PEP should see their health care provider every three months for routine blood work, testing for HIV and STDs, prescription refills, and general follow-up. Your medical provider will discuss a specific timeline with you.

**HOW TO GET IT & PAY FOR IT**

- Make an appointment with a medical provider to talk about PEP and see if it's right for you. Be honest about your sex life! After all, you're protecting your own health.
- If your provider thinks PEP is a good option for you, he/she will do routine blood work and HIV and STD tests before writing a prescription.
- If you are interested in PEP and the provider won't prescribe it or doesn't know about it, ask for a referral or find a different provider via getprepla.com.
- Most insurance plans, including Covered California plans and Medi-Cal, will cover PEP, but you may be required to pay a certain amount (known as a co-pay). If you are uninsured, talk to us about how you can get PEP.

**QUESTIONS & ANSWERS**

**CAN I STILL GET HIV IF I TAKE PEP?**
PEP is up to 99% effective, but not 100%. Don't miss a dose, though. If you do, you lower your protection from PEP. People have contracted HIV when being inconsistent with PEP or after stopping PEP.

**HOW DO I REMEMBER TO TAKE MY PILL?**
There are many ways to do this. Some people take their pill with breakfast or dinner, or set an alarm on their phone to remind them. Ask your medical provider about other tips!

**HOW LONG DO I HAVE TO TAKE IT BEFORE IT'S EFFECTIVE?**
Truvada is effective for anal sex after 5 days and for vaginal sex after 21 days.

**WHAT IF I WANT TO STOP TAKING PEP?**
PEP may only be right for you at certain points in your life—for example, when you are in a relationship with a partner who is HIV-positive or when you are having sex with partners whose HIV status you don't know. You can stop it and start it again another time, but you should talk with your medical provider first.

**REMEMBER**
PEP does not protect against STDs such as syphilis, gonorrhea, herpes, etc. Using condoms and PEP when you're having sex is the best way to avoid HIV and other STDS.

**SIDE EFFECTS?**
Some people have minor side effects when they first start taking PEP, such as upset stomach and headaches, but they usually go away after a few weeks. A few people have more serious side effects affecting their bones and kidneys. A medical provider will do regular follow-up tests to check on these things.
Your PrEP Checklist

Here are some questions to answer if you’re HIV-negative and thinking about taking PrEP:

- Are any of your partners HIV-positive?
- Have you had sex without a condom (bareback) recently?
- Have you had an STD recently, such as gonorrhea, chlamydia, or syphilis?
- Are you having sex with people whose HIV status you don’t know?
- Do you or your sex partner(s) have sex while drunk or high?
- Does your partner force you to have sex without your consent?
- Do you or any of your partners exchange sex for money, housing, drugs, alcohol, or other needs?

If you answered “yes” to any of these, then PrEP may be right for you.
Get More Info

NEED TO TALK TO SOMEBODY?
WANT TO ENROLL IN HEALTH INSURANCE?

YOU CAN REACH US AT THE LOCATIONS OR
PHONE NUMBERS BELOW, OR LEARN MORE AT
APLAHEALTH.ORG/PrEP

LOS ANGELES
PENDLETON/GOLDMAN PREP
PROGRAM AT THE GLEICHER/
CHEN HEALTH CENTER
In the Baldwin Hills Shopping Center
3743 S. La Brea Ave.
Los Angeles, CA 90016
323.329.9900
aplahealth.org

LONG BEACH
LONG BEACH HEALTH
CENTER
on the St. Mary Medical
Center campus
1043 Elm Ave., Suite 302
Long Beach, CA 90813
562.432.7300
f//aplahealth

FINANCIAL ASSISTANCE
For those who need additional help paying for PrEP, we offer information
on a variety of insurance plans, as well as medication assistance programs.