



**Is PrEP Right
for Me?**

What is PrEP?



PrEP is medication used by people who are HIV negative to help prevent getting HIV. PrEP stands for pre-exposure prophylaxis. Most people who use PrEP take pills. A long-acting version of PrEP is also available by injection from a healthcare provider. It is very important to take PrEP as prescribed for it to work.



What else should I know?

- It works! It is rare for a person to get HIV if PrEP is used correctly as prescribed.
- PrEP is an option for anyone at risk for HIV.
- It is prescribed by a healthcare provider.
- You need to have an HIV test before starting PrEP to make sure you are HIV negative.
- Besides taking medication, PrEP involves having regular medical appointments for monitoring and support.
- PrEP is safe and most people report no side effects.
- The cost may be covered by your private or public drug plan.

How do I know if PrEP might be right for me?

Some simple questions can help guide you through thinking about whether PrEP might be right for you.

- Do you sometimes have sex without using a condom and you don't know the HIV status of one or more of your sex partners?
- Do you have a sex partner who is living with HIV and not on successful treatment?
- Do you inject drugs and sometimes share needles or other equipment?
- Have you ever tested positive for a sexually transmitted infection (STI)?
- If you inject drugs, have you ever been diagnosed with hepatitis C?
- Have you ever used post-exposure prophylaxis (PEP)?

If you answered yes to one or more of these questions, PrEP might be a good option for you.

Talk to a healthcare provider to learn about what types of PrEP you can consider taking and to help you decide if PrEP is right for you. Visit whereto.catie.ca to find a PrEP provider near you.



Canada's source for
HIV and hepatitis C
information



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