Protect Yourself: Learn and Practice HIV Prevention Methods

1. Abstinence



Abstinence is the only 100% effective way to prevent HIV. Choosing not to engage in sexual activity eliminates the risk of transmission.

2. Condom Use



Condoms are highly effective at preventing HIV when used correctly. Always use a new condom for every sexual encounter to reduce the risk of HIV and other sexually transmitted infections (STIs)

3. Pre-Exposure Prophylaxis (PrEP)

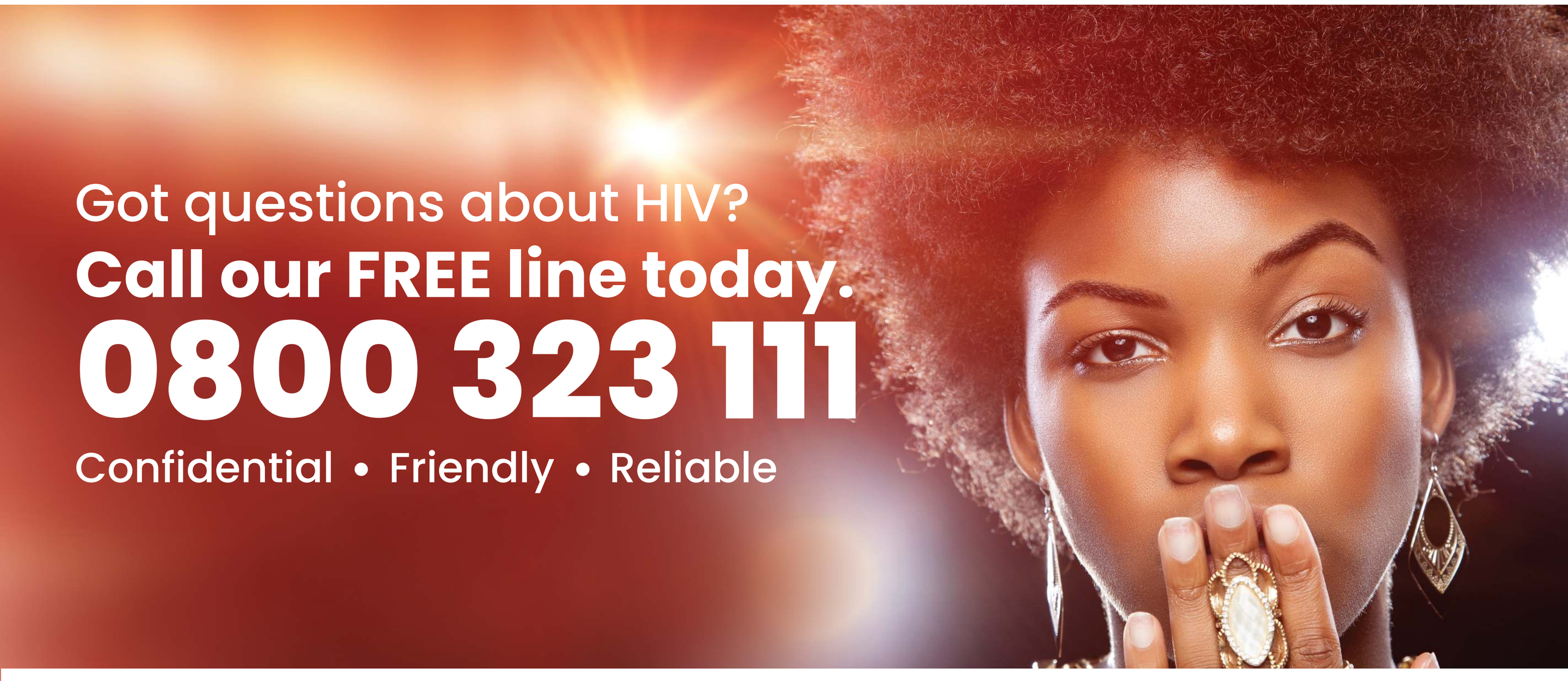


PrEP is a daily medication for people at high risk of HIV. When taken consistently, PrEP can reduce the risk of HIV infection by up to 99%. Consult with a healthcare provider to see if PrEP is right for you.

Post-Exposure Prophylaxis (PEP)



PEP is an emergency medication taken after potential exposure to HIV. It must be started within 72 hours of exposure and taken for 28 days. PEP can significantly reduce the risk of HIV infection if taken promptly. Seek immediate medical attention if you think you've been exposed to HIV.



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Understanding PrEP:
Take Control of Your Sexual Health

1. What is PrEP?



PrEP (Pre-Exposure Prophylaxis) is a daily pill that significantly reduces the risk of HIV infection for those at high risk.

2. How Does PrEP Work?



PrEP works by preventing HIV from establishing an infection in your body. When taken consistently, it is highly effective.

3. Advantages of PrEP



- Highly effective at preventing HIV when taken as prescribed.
- Empowers you to take control of your sexual health.
- Allows for greater peace of mind during sexual activity.
- Can be used alongside other prevention methods like condoms.

4. Disadvantages of PrEP



- Requires a daily commitment to taking the medication.
- Possible side effects, such as nausea or headaches, though usually mild.
- Does not protect against other sexually transmitted infections (STIs).
- Regular medical check-ups and HIV testing are needed.

5. Is PrEP Right for You?



Consult with a healthcare provider to determine if PrEP is a good option for you based on your lifestyle and risk factors.

6. How to Get PrEP



Visit your healthcare provider or local clinic to discuss starting PrEP. They will provide guidance on usage and monitoring.

7. PrEP and Safe Sex



For maximum protection, use PrEP alongside condoms and other safe sex practices. PrEP adds an extra layer of security.

8. Staying Consistent with PrEP



Take PrEP every day as prescribed. Set reminders or use a pill organizer to help you stay on track.

9. Community and Support



Join support groups or talk to others on PrEP. Sharing experiences and advice can provide encouragement and help you stay consistent.



Got questions about HIV?

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