

## How can I use PrEP

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There are 3 options for taking PrEP:

- Daily pill(s) you swallow
- 1 shot every 2 months to twice per year
  - Initially you get 1 shot, then 1 month later you get another shot. After this, you receive 1 shot every 2 months.
  - One shot every 6 months
- On-demand
  - People who have sex with a penis and trans gender women have the option of taking 2 pills 2-24 hours before sex, 1 pill 24 hours after sex, and 1 more pill 24 hours after that.

Work with your health provider to create a PrEP plan that meets your needs.

## How do I get PrEP?

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You can get PrEP from your local or tribal clinic, health department, or Planned Parenthood. During your initial visit, a health provider will talk with you about the types of sex you have, the kinds of protection you use, and your medical history. They will also test you for HIV and other STIs, as well as test your kidneys to make sure they are working well.

## PrEP and other STIs

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PrEP does not prevent you from getting other STIs, e.g., gonorrhea, chlamydia, syphilis, HPV, and herpes. Consider using additional types of protection, like condoms and dental dams, alongside PrEP to prevent other STIs if you are able.

## Cost

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All Indian Health Service facilities should have PrEP readily available. This means you should be able to get PrEP at your local IHS clinic, just like you can get Tylenol, insulin, or any common vaccination.

In addition, most insurance plans and state Medicaid and Medicare programs cover the cost of PrEP. This means that you can't be charged for your PrEP medication. You also can't be charged for the clinic visits and lab tests you need to maintain your PrEP prescription.

If you don't have insurance or Medicaid or Medicare coverage, there are other programs that provide PrEP for free or at a reduced cost such as Ready, Set, PrEP ([www.GetYourPrEP.com](http://www.GetYourPrEP.com)) which makes PrEP medication available at no cost to those who qualify.

## What else do I need to know?

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If you choose to take PrEP, you will need to get tested for HIV every 2-3 months, depending on the type of PrEP you are taking. You might also be tested for other STIs, and your kidneys may be tested to make sure they are working well.

## Get Started

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Talk with your health provider or make an appointment at a clinic near you.



# PrEP

PrEP is a medication you can take to prevent HIV.



## What is PrEP?

PrEP is a medication that is very effective at preventing HIV infection. It's for anyone who weighs at least 77 pounds – including teens and pregnant people – who want to avoid getting HIV.

## How PrEP works

PrEP works by trapping and destroying HIV. However, it doesn't prevent you from getting other STIs, like gonorrhea and chlamydia. So, use protection, like condoms and dental dams, alongside PrEP if you are able.

It's also important to take PrEP as directed. If you don't have enough PrEP in your system, you might get infected with HIV.

## How effective is PrEP?

When taken as directed, PrEP is 99% effective at helping you stay HIV-negative during sex. Using protection and PrEP is even safer. PrEP is also 74% effective at helping you stay HIV-negative if you inject drugs.

## Who can use PrEP?

PrEP is for people who want to have sex and have peace of mind. It's also for people who want to get pregnant but don't want to get HIV from an HIV-positive partner.

## What are the side effects of PrEP?

If you experience side effects from PrEP, it's common to have mild diarrhea, nausea, loss of appetite, headache, fever, fatigue, and muscle pain. These side effects are not dangerous and usually get better over time.

Tell your health provider about any side effects that significantly impact you or do not go away.

You can start and stop PrEP as needed. Just be sure you speak with your nurse or doctor before stopping.

## HIV-PEP vs PrEP

HIV-PEP is a series of pills you take in an emergency after you've been exposed to HIV. It's very effective at lowering your chances of getting HIV. However, it's important to start PEP within 3 days, or 72 hours, after you were exposed to HIV, or it won't work.

Think of it like this - PEP is for emergencies. PrEP is for prevention.



## Contact Us

Two Spirit Support Boat

**Website:**  
[2s-support.org](http://2s-support.org)

The Raven Collective

**Website:**  
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