

PrEP

Self-determined
protection
against HIV



ENGLISCH

WHAT is PrEP?

In HIV PrEP, **people** take an **HIV drug before, during and after** an **HIV risk (most often sex)** to **protect themselves from infection**. This **starts with a double dose from 24 hours to, at the latest, 2 hours before the risk**.



Then, 1 tablet is taken daily as long as you want to be protected from HIV risks. After the last HIV risk, 1 tablet is taken daily for a few more days.

You take **PrEP daily**, either **permanently** or **around the risk**.

HOW DO YOU TAKE PrEP?

DX2 for penetrative sex and receptive anal intercourse

Double dose

24–2h before the HIV Risk

X days

with HIV Risk

Safeguarding protection =

2 days without HIV Risk



DX7 for receptive vaginal or neovaginal intercourse

Double dose

24–2h before the HIV Risk

X days

with HIV Risk

Safeguarding protection =

7 days without HIV Risk



WHAT DOES HIV PrEP OFFER?

PrEP **protects against HIV as effectively as condoms or HIV therapy when used correctly** (see www.aidshilfe.de/safer-sex).

PrEP offers self-determined protection. This means that you don't need your partner to provide protection, for example by using a condom. And you are also protected in situations where you cannot or cannot fully protect yourself, for example, under the influence of alcohol and other drugs.



DOES PREP HAVE SIDE EFFECTS AND INTERACTIONS WITH OTHER SUBSTANCES?

PrEP is usually well tolerated, and unpleasant side effects usually occur only at the beginning.

PrEP can be taken, for example, **together with**

- **hormonal contraceptives**
- **hormones, androgen blockers** and **anabolic steroids**
- **drugs** – including “party drugs” such as ecstasy, ketamine or mephedrone
- **“potency remedies”** (remedies for erectile dysfunction)
- **antibiotics.**

WHO IS PrEP SUITABLE FOR?

PrEP is particularly suitable for people at high risk of HIV, e.g. for

- people who frequently have sex without a condom with different partners, who are likely to have an untreated HIV infection
- people who have sex with HIV-positive partners who are not being treated for HIV
- drug users without access to sterile injection equipment (e.g. in prison).

PrEP can be useful in many other situations. It's worth getting advice!

HOW DO I GET PrEP?

PrEP is covered by the **statutory health insurance** for **people aged 16 and over** with **substantial HIV risk**. Its use is supported by **specially trained doctors**.

PrEP doctors can be found at aidshilfe.de/hiv-prep.

PrEP can also be prescribed **by all doctors** on a **private prescription**. The costs will have to be borne by yourself.

Advice on PrEP is provided by AIDS service organisations (aidshilfe.de/aidshilfen) and health authorities.

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