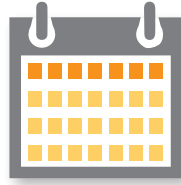




PrEP Basics



PrEP is safe and can reduce your risk of HIV by more than 90%.



It takes at least 1 week on PrEP before you'll be protected for anal sex, and 3 weeks for vaginal sex.



Take 1 pill once a day. Finding a routine is essential.



Get tested for HIV and STDs every 3 months.



Tell your provider if you plan to stop (or restart) PrEP.

TAKING THE PILL

One pill per day

PrEP (pre-exposure prophylaxis) is most effective if taken daily. PrEP can be taken even if drinking alcohol or using recreational drugs.

Getting into a routine

- Try to take a pill at the same time each day.
- Consider taking a pill with you if you will be out late.
- Set calendar or text message reminders. Check out www.oregonreminders.org.

Missed a dose?

Just take it when you remember. For example: If you usually take in the AM, but realize at 10PM that you forgot, it's okay to take 1 pill then and continue with your usual schedule the next day (don't take 2 pills at once).

Possible side effects

- Some people have gas, nausea, or headache. These symptoms go away within the 1st month.
- PrEP can cause small changes in kidney function and bone mineral density, which return to normal once PrEP is stopped.

STAY HEALTHY

- PrEP is highly effective but doesn't protect against other STDs. Condoms provide additional protection against HIV and prevent STDs.
- Protect yourself from other diseases: Get vaccinated for Hepatitis A and B and meningitis.



YOUR PRESCRIPTION

Filling your prescription

- If you are given a paper prescription, you will need to take it to a pharmacy to get your medication.
- Refills are not always automatic. Contact your pharmacy when you have 5 pills left so you don't run out.
- Before traveling, let your healthcare provider and/or pharmacy know that you may need an extra refill if you are low on medication.

Cost

- If you are having trouble paying for PrEP, there are assistance programs that may help cover the cost.
- **For help, contact the Citywide PrEP Navigator at: 415-696-4836.**

STAYING PROTECTED

Lab testing

- Before starting PrEP, you will get tests for HIV, STDs, kidney function, and Hepatitis B and C.
- You will also get tested for HIV and STDs every 3 months and a kidney function test every 6 months.

Stopping PrEP

If you want to stop PrEP, talk to a healthcare provider about using other HIV prevention strategies. If you have condomless sex while not taking PrEP, call your provider within 72 hours for post-exposure prophylaxis (PEP).

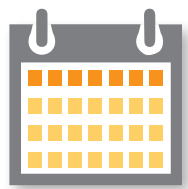
Restarting PrEP

- If you've stopped PrEP for more than 7 days, it is important to get an HIV test before you restart.
- Report any flu-like symptoms or rashes to your healthcare provider as they could be symptoms of HIV.

PrEP (暴露前預防) 基本知識



PrEP (暴露前預防) 基本知識安全有效，能讓您患 HIV 的風險降低 90% 以上。



達到肛交防護效果需提前服用 PrEP (暴露前預防) 藥物至少 1 週，陰道性交則需 3 週。



每天服用 1 粒。務必設定例行服藥時間。



每 3 個月接受 HIV 及性傳播疾病 (STD) 檢測。



決定中斷 (或重新開始) PrEP (暴露前預防) 用藥時務必告知您的醫療服務提供者。

服藥說明

每天服用一粒

每日服用時，PrEP (暴露前預防) 的效果更佳。飲酒或吸食消遣性毒品時仍可服用 PrEP (暴露前預防) 藥物。

設定例行服藥時間

- 嘗試每天在同一時間服藥。
- 如果會晚歸，可考慮隨身攜帶藥丸。
- 設定行事曆或短訊提醒。參閱 www.oregonreminders.org。

漏服劑量？

在您想起時服用即可。例如：如果您通常在上午服藥，但在晚上 10 點發現自己忘記服用，這時您可以補服 1 粒，並在次日繼續按照例行服藥時間服用（不要一次服用 2 粒）。

可能的副作用

- 有些人可能會腸胃氣脹、噁心或頭痛。這些症狀會在第 1 個月內消失。
- PrEP (暴露前預防) 能導致腎功能和骨密度出現微小改變，停用 PrEP 藥物即可恢復正常。

保持健康

- PrEP (暴露前預防) 非常有效，但無法預防其他 STD。使用安全套可進一步防止感染 HIV 及 STD。
- 保護自己遠離其他疾病：接種 A 型、B 型肝炎及腦膜炎疫苗。



您的處方

配取處方藥

- 如果您收到的是紙質處方，您需要將它帶去藥房進行配藥。
- 有時重新配藥無法自動完成。在您還剩 5 粒藥時請聯絡您的藥房，以防藥物用完。
- 外出旅行前，如果您的剩餘藥物不多，請告知您的醫療服務提供者和/或藥房，讓他們知道您可能需要額外配藥。

費用

- 如果您在支付 PrEP (暴露前預防) 藥物費用方面有困難，某些援助計劃或許能幫您承擔費用。
- 如需幫助，請聯絡三藩市衛生網 PrEP 協調員，電話：415-696-4836。

全面防護

實驗室檢測

- 開始 PrEP (暴露前預防) 前，您將接受 HIV、STD、腎功能、B 型肝炎及 C 型肝炎的檢測。
- 您還會每 3 個月接受 HIV 及 STD 檢測，每 6 個月接受腎功能檢測。

中斷 PrEP (暴露前預防) 用藥

如果您希望中斷 PrEP (暴露前預防) 用藥，請向您的醫療服務提供者諮詢使用其他 HIV 防護手段的事宜。如果您在中斷 PrEP 用藥期間發生了無套性行為，請在 72 小時內聯絡您的醫療服務提供者，以採取暴露後預防 (PEP) 措施。

重新開始 PrEP (暴露前預防)

- 如果您中斷 PrEP (暴露前預防) 用藥超過 7 天，務必在重新開始前接受 HIV 檢測。
- 出現任何流感樣症狀或皮疹也需報告給您的醫療服務提供者，因為這些症狀可能會是 HIV 症狀。