3 proven ways to protect yourself

PrEP (pre-exposure prophylaxis)
- for anyone concerned about becoming infected with HIV
- one pill, once each day
- taking it daily gives very strong protection against HIV
- covered by insurance
- assistance is available if you don’t have health insurance

PEP (post-exposure prophylaxis)
- for emergencies only
- must start within 3 days of an exposure to HIV
- covered by insurance
- assistance is available if you don’t have health insurance

Condoms
- prevent pregnancy, STDs and HIV
- can work together with PrEP to give you even greater protection against HIV