



Did you know that there is a daily medication regimen you can use to help prevent HIV infection?

Pre-exposure prophylaxis (PrEP) is a once daily pill prevention method used to prevent HIV Infection. It has been shown to be up to 99% effective, if taken daily.

How does it work?

There are two approved oral drug options. One is Tenofovir DF-emtricitabine (Truvada®). The other alternative is Tenofovir alafenamide-emtricitabine (Descovy®)* Both should be taken as one tablet once daily to reduce the risk of sexually acquired HIV infection.



*Tenofovir alafenamide-emtricitabine (Descovy®) use is not indicated in people assigned female at birth who are at risk of getting HIV from vaginal sex, because its effectiveness has not been studied in this population.



Why use PrEP?

Different studies have shown the effectiveness of PrEP in reducing the risk of infection among men who have sex with men and transgender women. In addition, it has also shown effectiveness among heterosexual men and women and in people who use injection drugs.

What are the side effects?

With Tenofovir DF-emtricitabine (Truvada®) some people may experience nausea or headaches, but these usually go away within the first month. Small changes in kidney function have also been reported, but shortly after stopping its use, it returns to normal. Weight loss is another reported side effect.

Possible side effects of Tenofovir alafenamide-emtricitabine (Descovy®) are: diarrhea, nausea, headache, fatigue, and stomach pain.



If I use PrEP, is it necessary to use a condom?

Daily PrEP reduces the risk of getting HIV from sex by more than 90%. Your risk of getting HIV from sex can be even lower if you combine PrEP with condoms and other prevention methods. Condom use is also recommended because PrEP does not prevent other sexually transmitted diseases.

Does PrEP have any cost?

If you are on Medicaid, check with your benefits counselor. If you have health insurance, you may receive co-pay assistance from drug manufacturers or patient advocacy foundations.

If you do not have insurance, or if you have insurance but need help with out-of-pocket costs, there are financial assistance programs that may be able to help. Many people wind up paying very little or nothing at all for **PrEP**.



For more information about PrEP or how to cover the cost call the Puerto Rico Department of Health information line at (787) 765-1010