

# STAY HIV FREE WITH PREP



## WHAT IS PREP?

HIV PrEP (pre-exposure prophylaxis) is a daily pill that can lower your risk of HIV infection by up to 99% when taken as directed.



## WHO IS AT RISK FOR HIV?

- Everyone who is sexually active may be at risk for HIV infection and should be aware of HIV PrEP, including heterosexual individuals.
- Consider PrEP if you have had anal or vaginal sex in the last 6 months AND:
  - Have had one or more sex partners of unknown HIV status and use condoms only sometimes or not at all.
  - Have sex partner(s) living with HIV.
  - Have been diagnosed with a sexually transmitted infection (STI) in the previous 6 months.
  - Inject drugs, especially if you have an injection partner with HIV or share needles, syringes, or other drug injection equipment.
  - Engage in sex work.
  - Have taken post-exposure prophylaxis (PEP).
- Populations disproportionately impacted by HIV include: gay and bisexual men, particularly Black and Latino men; Black women; and transgender women.



## HOW TO GET PREP

- Talk to your provider about getting a PrEP prescription. They will schedule an HIV test before you begin PrEP and follow-up testing every three months.
- PrEP is covered by TRICARE and is available by request.



## CONTINUING PREP CARE

- Safe sex practices are still important for preventing other STIs.
- Taking PrEP is not a duty limiting factor, but you may have to stop taking it while deployed; talk to your provider about options to stay protected.
- Follow up with your provider as needed:
  - For HIV tests and prescription refills.
  - If side effects are severe or don't go away (rare).

Learn more about how to stay HIV free with PrEP:  
Visit [www.cdc.gov/hiv/basics/prep.html](http://www.cdc.gov/hiv/basics/prep.html) or scan the QR code at right.

