

## Do I need PrEP?

If you answer yes to any of these questions, PrEP may be a way to protect yourself:

- Do you or your sex partners have difficulties using condoms when having sex?
- Do you have sex under the influence of alcohol or other drugs?
- Do you have sex for money?
- Do you forget to use a condom every now and then, but at the same time don't want to feel guilty about it?
- Do you have a period of time ahead involving a lot of sex (a holiday for example) and are you unsure as to whether you will always use a condom?
- I don't always want to use a condom, my partner doesn't always want it.
- I want to have control over my protection when I am penetrated.

You can find out more in a counselling session. Such a decision is not something you make forever. It can be reconsidered at any time.

## How can I get PrEP?

PrEP is prescribed by a healthcare professional. Recommended are professionals who meet with the SwissPrEPared criteria.

- Before starting PrEP, a consultation takes place. HIV and STI tests are carried out and further blood levels are also checked.
- It is important that you are HIV-negative. If not, there is a danger of infecting other people and developing resistance.
- PrEP is usually well tolerated, even when taken over a longer period of time. You should have regular check-ups to see if you are experiencing any side effects; you should also have a STI test. This is why it is worth having a regular discussion with a healthcare professional.
- The costs depend on a number of factors. Make sure you get advice. A solution can be found.

# PrEP

What you should know about HIV protection with PrEP.  
More on [drgay.ch/prep](http://drgay.ch/prep)

You can get PrEP here:  
[swissprepared.ch](http://swissprepared.ch)



Dr.Gay

CHECKPOINT



# PrEP protects against HIV

PrEP is one way of protecting yourself from HIV. PrEP is a medication in tablet form. PrEP stands for «Pre-Exposure Prophylaxis».

Taken correctly, it protects HIV-negative people from contracting HIV.

Whoever takes PrEP followed up by a health service, is reliably protected and does not have to worry about the HIV status of their sex partners. PrEP is Safer Sex, just like a condom.

# PrEP does not protect from other STI's

PrEP does not protect against other sexually transmissible infections (STI's) such as gonorrhoea or syphilis. And by the way: Even a condom does not provide enough protection from other STI's.

You can get vaccinated against Hepatitis A and B, or against HPV. For syphilis, gonorrhoea and chlamydia, regular testing is the best strategy – regardless of whether you have symptoms or not.

## How do I take PrEP?

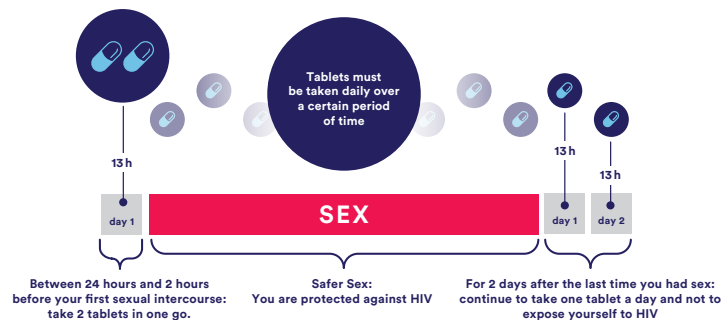
PrEP effectively protects against HIV, provided you take the tablets every day. It is also important to start and stop correctly.

### Suitable for everyone



**Did you forget to take a tablet before or after sex?**  
It may be useful to start emergency treatment against HIV (PEP). More at [www.drgay.ch/pep](http://www.drgay.ch/pep)

### Suitable for cisgender men only



Always take the tablets at the same time of day; maximum  $\pm$  2 hours.  
If you take your PrEP at 1h today, you have to take it between 11h and 3h tomorrow.

### Do you enjoy spontaneous sex?

At parties or sometimes via an app? In such cases, we recommend taking PrEP without interruption. This way, you are constantly protected and do not have to plan ahead.

### Periods without sex?

Then you can take PrEP breaks. The important thing here is that you start correctly and that you continue taking the tablets for a long enough period after the last time you had sex.

### How does PrEP work?

HIV enters the body through the genital and anal mucosa. You already have a natural protection in the mucous membrane of your mouth, which is why practically no transmission of HIV occurs during oral sex. With the mucous membranes in the penis, the vagina and the anus, you must protect yourself with condoms or PrEP.

With PrEP there are two variants for the start and the finish. The variant that suits you, depends in part on your physical characteristics.

You can find out more about this in a counselling session. In order for PrEP to work and to make sure that you are protected from HIV, you must start with PrEP on time. It is equally important that you take PrEP for a long enough period after the last time you had sex.