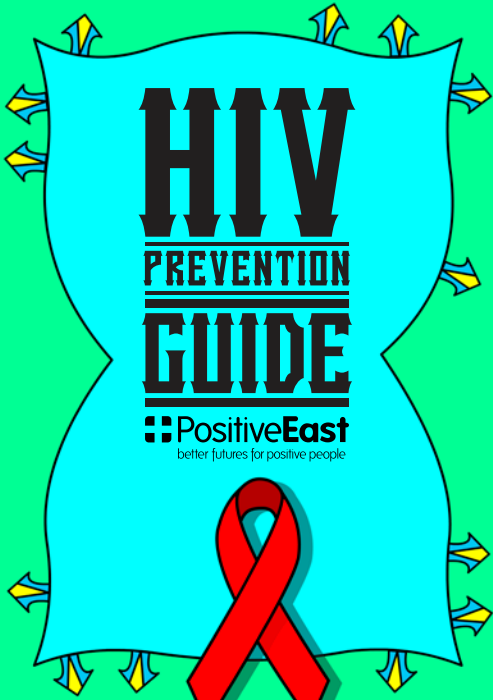




HIV PREVENTION GUIDE

 **PositiveEast**
better futures for positive people



**There are many simple steps
you can take to prevent exposure
to HIV and to stop HIV from
being passed on.**



**This guide explains the various
methods to help you decide which
way would be best for you.**

*Produced by Positive East
Illustrated by John Walter*

CONDOMS

PREP

PEP

U=U

TEST OFTEN

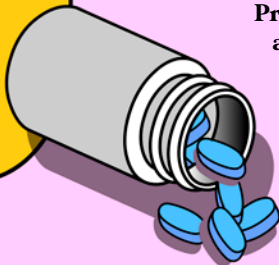
CONDOMS

Condoms are a simple and cost-effective way to prevent STIs, HIV and pregnancy.

You can get free condoms (external & internal) from Positive East or your local sexual health clinic.



Remember to only use water or latex based lube (as oil based lube can cause breakage) and never reuse a condom.



PREP

PrEP stands for pre-exposure prophylaxis and is a pill you take before you have sex to prevent HIV even if you're not using condoms.

PrEP does not protect you from STIs

PrEP is safe and effective and can be either taken daily or when you plan to have sex (this is called event-based dosing).

PrEP is safe, effective and available for free on the NHS.



HOW TO TAKE PREP

There are a few ways you can take PrEP, all of which are effective. The most common ways are daily dosing or event-based dosing.

DAILY DOSING

If you decide to take PrEP daily, you'll need to take one pill at the same time each day for at least 7 days before you plan to have sex. This will build up enough medication in your system for both vaginal and anal sex.

If you decide to stop taking PrEP as a daily pill, you'll need to take one pill daily for seven days from the last time you had sex.

EVENT-BASED DOSING

FOR VAGINAL AND FRONTAL SEX

Take 2 tablets between 2 hours and 24 hours before condomless sex. Then 1 tablet daily for the next 7 days.

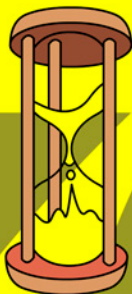
FOR ANAL SEX

Take 2 tablets between 2 and 24 hours before sex. Then 1 tablet daily for 2 days.

Always follow the instructions from the health care professionals and undertake the HIV and tests advised.

PEP

PEP stands for post-exposure prophylaxis and is a course of medication that you take after potential exposure to HIV.



PEP needs to be taken within 72 hours of when you had sex. You will need to take the medication for 28 days.

PEP is available free at sexual health (GUM) clinics or A&E.

PEP TIMELINE

PEP only works if you start taking within 72 hours (three days) of potential exposure to HIV. The medication is safe and will need to be taken at the same time every day. It's very important that you visit a GUM clinic, GP or A&E within this timeframe. If you need support, please contact Positive East and we will assist you.



A 28-day course of PEP is effective for both vaginal and anal sex.

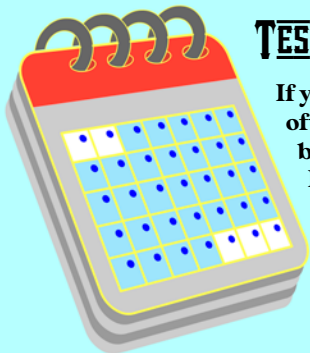
U=U

TREATMENT AS PREVENTION

U=U stands for Undetectable = Untransmittable and means that if you are HIV+ and on effective treatment with an undetectable viral load it's biologically impossible to pass the virus on sexually (even when not using condoms).



If you've had sex with someone who is undetectable, and you did not use condoms or if you're not on PrEP, there is zero chance that HIV was passed onto you.



TEST OFTEN

If you have sex more often, one of the best ways to stop HIV being passed on is to know your own status.

Currently, 5% of those living with HIV are unaware of their HIV status, therefore could be passing on HIV unknowingly.

Test regularly to break this cycle!

There are a few ways to test for HIV. The most common way is through a small prick of the finger, and you'll know your HIV status within minutes.

WHERE TO ACCESS SUPPORT

Positive East is here to support you with your HIV prevention options.

We provide information on PrEP, PEP, U=U and offer free condoms and rapid and confidential HIV testing across East London.



Positive East is an East London based HIV charity providing a range of HIV support and prevention services for over 30 years.

Our services include: counselling, peer support, workshops, advice, volunteering, HIV and STI testing and sexual health information.



We're also the proud hosts of the annual World AIDS Day RED RUN!

To learn more about Positive East, visit our website: positiveeast.org.uk



**HOW
TO GET
MORE INVOLVED
WITH POSITIVE EAST**

We are a community-based organisation and all our services are delivered by passionate volunteers.

If you would like to get more involved with Positive East either through volunteering, making a donation or attending one of our events, get in touch!





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