



"Caring Hearts"

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PEP / PrEP Information Brochure

"Caring Hearts"



PEP

PEP Stands for: Post Exposure Prophylaxis

PEP is a short course of HIV medicines taken very soon after a possible exposure to HIV to reduce the transmission of the virus.

Who is it for?

For those who think that but have been exposed to HIV through;

- Sexual intercourse
- Sexual assault e.g. rape.
- Occupational exposure and other blood contact
- Sharing injectable needles
- During a sexual assault e.g. rape
- Human bites and traditional rituals

When is PEP taken?

For it to work, effectively, the medicine must be taken:

- within 48- 72 hours (repeat HIV Test after 3 months because of widow periods.
- After 72hours its workability drops to almost 0%

Take note: PEP treatment is for 1 month only

Remember to repeat HIV rapid test after 3 months because of widow period.

How effective it is?

PEP can prevent HIV transmission when taken correctly, but it is not always 100% effective. Medication must be taken within 48-72hours.

It is always advisable to use other preventive measures .

How do you access it?

Visit your doctor/ healthcare provider urgently

Complete PEP web form; HIV rapid test to be done and screen for other STIs.

PrEP

PrEP stand for Pre-Exposure Prophylaxis

PrEP is the medications used to prevent the transmission of HIV to people who are HIV negative

Anti- retroviral medications used as one of HIV prevention strategies.

Who is eligible?

- HIV negative individual who are in a sexual relationship with HIV positive sexual partner
- High risk population including commercial sex workers, men having sex with men, injectable drugs users.

Prep treatment requirements

- HIV ELISA test
- Kidneys function tests (Creatinine)
- Hepatitis B surface antigen

Take note: *HIV and creatinine tests to be repeated 3 months after treatment initiation and thereafter 6 months .*

When and how to take medications?

Every day, at the same time

HIV status negative and kidneys function tests should be normal

How effective is it?

PrEP is proven to reduce the risk of getting HIV through sexual contacts by more than 99%.

How do you access it?

- Once HIV Elisa and Creatinine blood tests results available
- With your Dr complete web application forms
- Once medications authorized—Dr or pharmacy of your choice would dispense



Tips about PEP/PrEP

- Medication should be taken everyday
- Never share your medication
- Do not discontinue treatment without doctor's instructions
- Notify your doctor or healthcare provider on side effects
- If converted (tested HIV positive) start the ARV treatment as soon as possible

For more information visit our website: www.mhnamibia.com