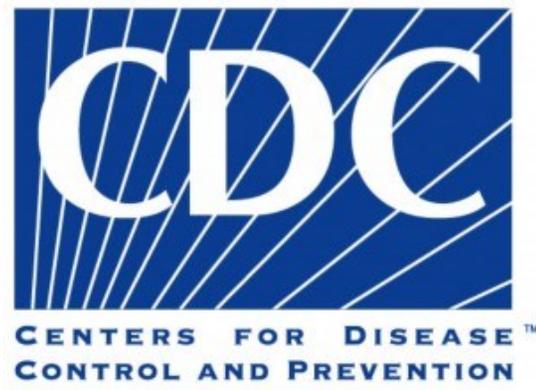
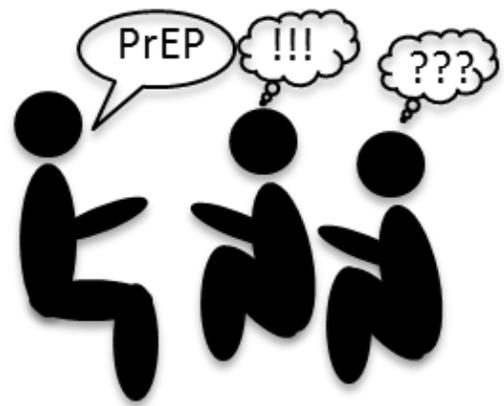


**Still Unsure?**

If you have a concern or don't understand something, speak up. Ask your health care provider.



**Division of HIV/AIDS Prevention,  
National Center for HIV/AIDS,  
Viral Hepatitis, STD and  
TB Prevention**

Centers for Disease Control  
and Prevention  
1600 Clifton Road  
Atlanta, GA 30329-4027 USA  
  
Phone: 800-232-4636

Are you taking PrEP  
medication to  
stay HIV negative?

**A Pill A Day  
Keeps HIV  
Away**

**Taking  
Daily  
Medication**



# Take Charge of Your Health

Taking your PrEP medicine is critical to keep from getting HIV. For PrEP to work, you need to have enough medicine in your body. When you miss doses, you make it harder for the medicine to protect you.

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-----|-------|-----|-----|-----|
| X   | X    | X   | X     | X   | X   | X   |
| X   | X    | X   | X     | X   | X   | X   |
| X   | X    |     | X     | X   | X   | X   |
| X   | X    | X   | X     | X   | X   | X   |
| X   | X    | X   | X     | X   | X   | X   |

Taking PrEP every day gives you the most protection.

Not taking PrEP every day greatly lowers your protection against HIV.

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-----|-------|-----|-----|-----|
| X   | X    |     |       |     | X   |     |
|     |      |     | X     | X   |     |     |
| X   |      |     | X     |     | X   |     |
|     |      |     |       | X   |     | X   |
|     | X    | X   |       |     |     |     |

## Is PrEP All You Need?

PrEP is one important tool for protecting yourself from HIV. No method offers 100% protection. While taking your PrEP medicine, you should also reduce your exposure to HIV by using:

- Condoms during sex
- Clean injection equipment if you inject drugs

Together, these methods offer more protection.

## Is Taking a Pill Daily Tough? You Can Do It

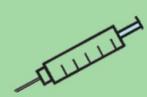
- Do you forget to take your pills?
  - ⊗ Add an app to your phone that reminds you when it's time to take your pill
  - ⊗ Make it a part of your daily routine
    - \* Take the pills at the same time each day
    - \* Take your pill at the same time as another daily activity like brushing your teeth
  - ⊗ Plan to take pills with you when you won't be at home or are traveling
- Are you worried about possible side effects?
  - ⊗ Side effects are not common, if they happen:
    - \* They are mild and do not last long
    - \* Ask your doctor how to manage them
- Do you want help in taking your medicine?
  - ⊗ Talk to another PrEP user about what works for them
  - ⊗ Find a PrEP user support group or online forum
  - ⊗ Ask friends to remind & support you
  - ⊗ Find a community program that can assist you
  - ⊗ Use other services
    - \* Pharmacists
    - \* Social workers
- Are you worried about paying for your medicine?
  - ⊗ Ask your doctor to explain drug assistance programs that might help with payment
- Are problems with alcohol or other substances getting in the way?
  - ⊗ Talk to your doctor about treatment
  - ⊗ Use support groups and programs to stay on track
  - ⊗ Seek counseling to support your mental health

## Medicines for Prevention

PrEP is the newest of many uses of medicine to prevent unwanted health outcomes



Birth control pills to prevent pregnancy



Flu shots before winter season each year



Using an inhaler before exercising to prevent asthma



PrEP to prevent HIV

## Resources

**My PrEP Experience Blog**  
<http://myprepexperience.blogspot.com>

**CDC PrEP Patient Brochures**  
[http://www.cdc.gov/hiv/pdf/risk\\_PrEP\\_TalkingtoDr.pdf](http://www.cdc.gov/hiv/pdf/risk_PrEP_TalkingtoDr.pdf)