

What you should know about **PRE-EXPOSURE PROPHYLAXIS (PrEP)**

WHAT IS PrEP?

Pre-exposure prophylaxis (PrEP) is a once daily pill that, if taken as prescribed, prevents you from contracting HIV. PrEP comes in pills or as an injection. PrEP prevents an HIV-negative person from getting HIV from a sexual or injection-drug-using partner who's positive.



HOW DOES PrEP WORK?



HIV targets your immune system that helps your body fight off the virus. PrEP works to create shields that block HIV from attacking your healthy cells. If PrEP is not taken as prescribed and consistently, it will not be as effective.

WHAT ELSE SHOULD I KNOW?

You'll need to get an HIV test before starting PrEP. While you are on PrEP, you will need to see a health care provider for regular check-ups or repeat HIV/STI screenings, lab tests and prescription refills.



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IS PrEP RIGHT FOR ME?

PrEP greatly reduces the risk of getting HIV from sex when taken as prescribed. PrEP can also be used while taking gender affirming hormone therapy. If you regularly worry about HIV, ask your doctor if PrEP may be right for you.



TALK to your providers about *your* sexual health

LEARN MORE



For an appointment to meet with a PrEP Navigator, call **562.570.4396** or text **562.964.5369**



longbeach.gov/HIVcare

ASSISTANCE PROGRAMS

The Health Department offers PrEP assistance programs for those who may need help paying for PrEP or are uninsured or underinsured. Learn more at **longbeach.gov/HIVcare**.