

# Tips and Resources

## HIV and PREP



### What is HIV?

HIV (human immunodeficiency virus) is a virus that attacks the body's immune system. If HIV is not treated, it can lead to AIDS (acquired immunodeficiency syndrome).

There is currently no effective cure. Once people get HIV, they have it for life. But with proper medical care, HIV can be controlled. People with HIV who get effective HIV treatment can live long, healthy lives and protect their partners.

### What is PrEP?

PrEP (pre-exposure prophylaxis) is medicine that reduces your chances of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV.

**PrEP can be pills or shots.**

There are two pills approved for use as PrEP: Truvada® and Descovy®.

### Is PrEP safe?

PrEP is safe, but some people experience side effects like diarrhea, nausea, headache, fatigue, and stomach pain. These side effects usually go away over time.

Tell your health care provider about any side effects that are severe or do not go away.

### How effective is PrEP?

PrEP reduces the risk of getting HIV from sex by about 99% when taken as prescribed. Although there is less information about how effective PrEP pills are among people who inject drugs, we know that PrEP pills reduce the risk of getting HIV by at least 74% when taken as prescribed. Currently, PrEP shots are not recommended for people who inject drugs.

PrEP is less effective when not taken as prescribed.

**CommunityHealth is here for you! Talk to your medical care team about sexual health and testing.**

For more information visit: <https://www.cdc.gov/hiv>