

MEDIA RELEASE

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Re: Pre-exposure Prophylaxis.

Along with testing on National HIV Testing Day, please take the time to increase awareness for HIV prevention. Pre-exposure prophylaxis or PrEP is a once a day pill taken to prevent contracting HIV.

PrEP is used with people at very high risk for HIV. PrEP involves taking HIV medicines daily to lower an individual's chance of getting infected. A combination of two HIV medicines (tenofovir and emtricitabine), sold under the name Truvada® (pronounced tru vá duh), is approved for daily use as PrEP to help prevent an HIV-negative person from getting HIV from a sexual or injection-drug-using partner who's positive. Studies have shown that PrEP is highly effective for preventing HIV if it is used as prescribed. PrEP is much less effective when it is not taken consistently.

PrEP can be prescribed only by a health care provider, so talk to yours to find out if PrEP is the right HIV prevention strategy for you. You must take PrEP daily for it to work. Also, you must take an HIV test before beginning PrEP to be sure you don't already have HIV and every 3 months while you're taking it, so you'll have to visit your health care provider for regular follow-ups.

The State of Michigan has a directory of PrEP providers.

https://www.michigan.gov/documents/mdch/State_of_Michigan_PrEP_Directory_492900_7.pdf

Sandra Manssur, Nurse Practitioner at Genesee County Health Department Primary Care Clinic is a listed provider. Please feel free to refer clients for this service or for more information.

Behaviors that put you at risk of getting HIV:

- Are you a man who has had sex with another man?
- Have you had sex — anal or vaginal — with an HIV-positive partner?
- Have you had more than one sex partner since your last HIV test?
- Have you injected drugs and shared needles or works (e.g., water, cotton) with others?
- Have you exchanged sex for drugs or money?
- Have you been diagnosed with or sought treatment for another sexually transmitted disease (STD)?
- Have you had sex with someone who could answer yes to any of the above questions or someone whose sexual history you don't know?

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