

# FINDING THE RIGHT PrEP Option for You

| Across the world, HIV prevention is a shared priority



## What Is PrEP?

PrEP = pre-exposure prophylaxis

- Medicine that helps **prevent HIV**
- For people who are **HIV-negative**
- **Highly effective** when used as directed (studies show up to **99% protection**)
- One part of protecting your health

PrEP is one part of HIV prevention. PrEP works best when combined with:



## Why There Are Different PrEP Options

There is **no single “best” PrEP option for everyone.**

Different options exist so you can choose what fits **your life.**

Today, PrEP may be available as:

- A **daily pill**, or
- An **injection** given by a healthcare provider (every 2 or 6 months)

Researchers are also studying options that may be taken even less often in the future.

## Your PrEP Options: What Is the Best Fit For You?

### DAILY PILLS



- Taken once a day
- Works well if you like a daily routine
- You need to remember to take it consistently

### LONG-ACTING INJECTIONS



- Given by a healthcare provider
- Taken less often, such as every few months
- May work well if daily pills are hard to remember

*Your healthcare provider can help you decide which option may be right for you.*

## How PrEP Works

- HIV must enter the body and multiply to cause infection.
- PrEP **blocks the virus** so it cannot take hold.
- Even though PrEP options work in different ways, **all approved options are highly effective** when used as directed.

## Effectiveness and Safety



Very effective at preventing HIV when used on schedule



Well-tolerated



Side effects are usually mild and improve with time



Includes regular testing and check-ins with your provider

*Your healthcare provider will help monitor your health while you are on PrEP.*

## PrEP Is Part of Ongoing Care

When you use PrEP, your healthcare team will support you by:

- Testing you for HIV regularly
- Checking in on how you are feeling
- Answering questions and concerns
- Helping you change options if your needs change

You do not need to manage PrEP on your own.

## Talk With Your Healthcare Provider

You can start the conversation by saying:

- “I want to prevent HIV.”
- “What PrEP options are available to me?”
- “What would work best for my routine?”

*You do not need to decide alone. Your provider is there to help.*



### REMEMBER

- Protecting your health is an act of care for yourself and for others
- PrEP is a powerful tool to help prevent HIV
- The right option is the one that works for **you**
- You are not alone, support is available from your healthcare team; in some areas a pharmacist can prescribe



## Find Trusted Information Near You

### Global

- World Health Organization (WHO) | [who.int](https://www.who.int)
- UNAIDS | [unaids.org](https://www.unaids.org)

### United States

- [GetTested.CDC.gov](https://gettested.cdc.gov)
- [locator.hiv.gov](https://locator.hiv.gov)
- [hiv.gov](https://hiv.gov)

### Europe, Africa and Asia

- Your **Ministry of Health** or **National HIV Program**
- WHO country or regional offices
- Community clinics and public hospitals

*Because PrEP availability differs by country, your local health ministry or national HIV program is the best source for the most current and accurate information.*

### References

Centers for Disease Control and Prevention [CDC]. Preventing HIV with PrEP. CDC Website. <https://www.cdc.gov/hiv/prevention/prep.html>. Published January 18, 2024. Accessed December 18, 2025.

U.S. Department of Health and Human Services [DHHS]. Pre-exposure prophylaxis. HIV.gov Website. <https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/pre-exposure-prophylaxis>. Published February 7, 2025. Accessed December 18, 2025.