

# Thinking About Long-Acting PrEP?



## PrEP = pre-exposure prophylaxis

- Medicine that helps **prevent** HIV
- For people who are **HIV-negative**
- **Long-acting PrEP** is a newer option that lasts longer, so you don't have to take a pill every day

## What Is Long-Acting PrEP?

- Long-acting PrEP is an **injection** given by a healthcare provider. It protects you from HIV for **months at a time**, depending on the type (injection every **2 or 6 months**)
- Researchers are also studying options that may be **taken even** less often in the future

## How Is It Different From Daily Pills?



No daily pill  
to remember



Fewer doses  
each year



Given at a  
clinic visit



Works very well when  
taken on schedule

(studies show it is highly  
effective, over 99%)

## Who Might Like Long-Acting PrEP?

You may want to ask about long-acting PrEP if you:

- Have trouble taking a pill every day
- Want a more private option
- Prefer fewer doses
- Want strong, ongoing HIV protection

*There is no “right” or “wrong” choice, only what works best for **you**.*



## What Should I Know Before Starting?

Before you start, your care team will:

- Test you for HIV
- Talk about your health and medicines
- Set a schedule for your injections

It's important to **keep your injection visits**, so you stay protected.

## Does Long-Acting PrEP Have Side Effects?

Most people feel fine. Some may have:

- Soreness where the shot is given
- Mild headache or tiredness

Your care team can help if side effects happen.

## Talk With Your Healthcare Team

You deserve HIV prevention that fits your life.

Ask your provider:

- “Is long-acting PrEP right for me?”
- “What are my PrEP options?”
- “How often would I need injections?”



*PrEP is about protection. You're taking care of your health, and that matters.*

## Need Help or Want to Learn More?

A healthcare provider, community health worker, or local organization can help you find PrEP and HIV prevention services near you.

### Trusted places to learn more:

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

### In your country:

- Your Ministry of Health or local health department
- Community health clinics or nonprofit organizations

### If you live in the United States:

- Find free, fast, and confidential HIV testing and PrEP providers | [GetTested.CDC.gov](https://www.gettested.cdc.gov) or [locator.hiv.gov](https://locator.hiv.gov)
- Learn about HIV self-testing | [cdc.gov/stophivtogether/hiv-testing/self-testing.html](https://www.cdc.gov/stophivtogether/hiv-testing/self-testing.html)

*Local clinics and community groups can also help connect you to care.*