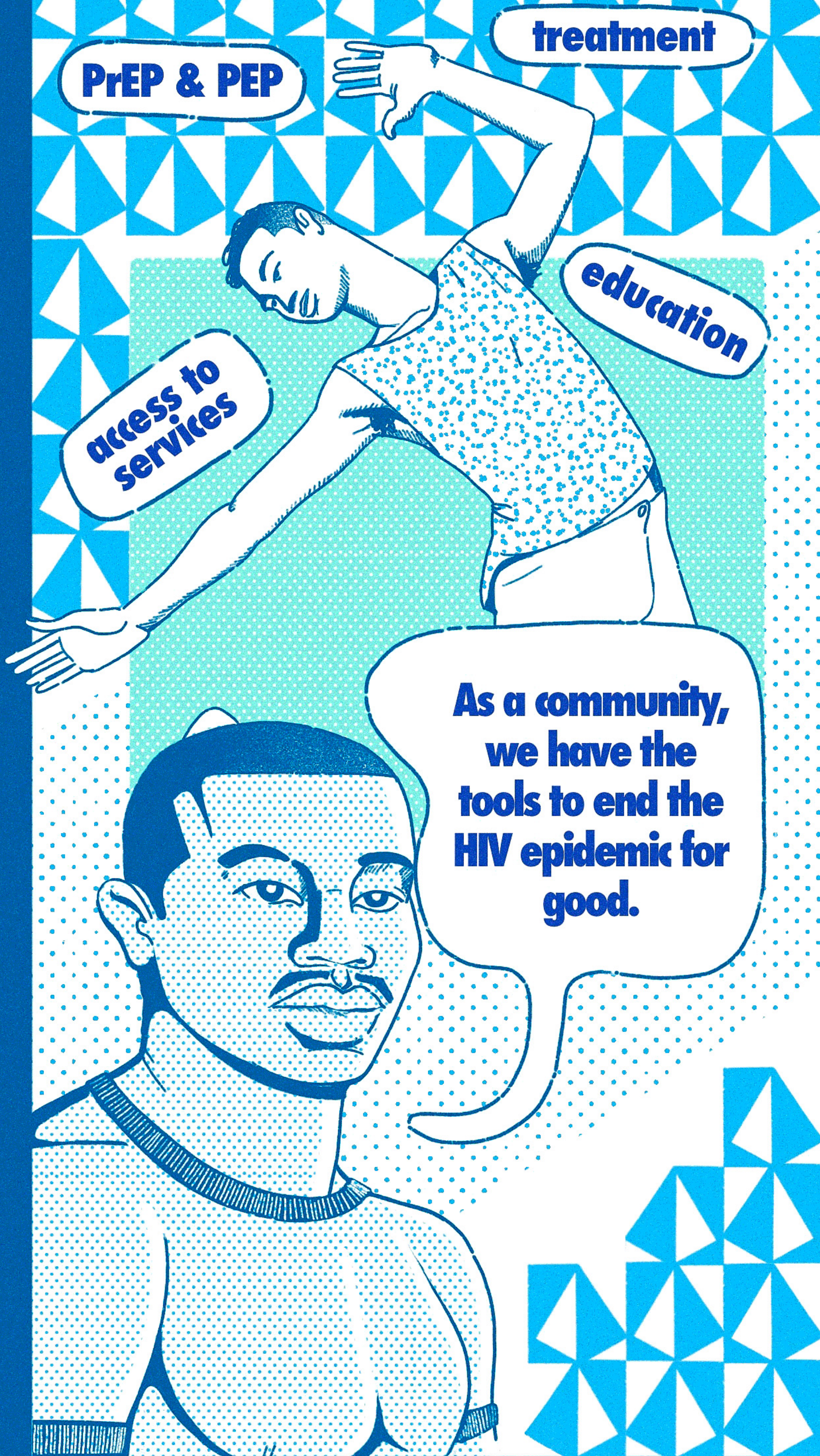


PrEP, PEP & Prevention

ending the
HIV epidemic

a guide to understanding HIV, pre-exposure prophylaxis, post-exposure prophylaxis, treatment, & serodiscordance



**As a community,
we have the
tools to end the
HIV epidemic for
good.**

**RAINBOW PRIDE
YOUTH ALLIANCE**

PrEP, PEP, & Prevention: Ending the HIV epidemic

a guide to understanding HIV, pre-exposure prophylaxis, post-exposure prophylaxis, treatment, & serodiscordance

Rainbow Pride Youth Alliance (RPYA)



RPYA is a grassroots California non-profit 501(c)(3) organization (est 2001). We provide services to LGBTQ+ youth, as well as their parents and caretakers, including workshops, online support groups, and linkage to resources. Visit our website for more information.

For crisis support, you can also visit our peer crisis counselor program, Unity Hope.

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RPYA website




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 rainbowprideyouthalliance

**RAINBOW PRIDE
YOUTH ALLIANCE**

HIV (HUMAN IMMUNODEFICIENCY VIRUS)

HIV is a chronic illness that affects the immune system and is transmitted by finding its way into the bloodstream. The easiest ways for HIV to be transmitted from one person to another is through sex and intravenous (IV) drug use.

ENDING THE EPIDEMIC

In the US, the LGBTQ+ people were the first to start fighting HIV when it appeared in the 1980s. Thanks to that experience, we now have the knowledge & tools necessary to end it once and for all.

SO, WHY HAVEN'T WE BEAT IT YET?

HIV continues to spread due to social & systemic issues such as HIV stigma, homophobia, transphobia, discrimination, poverty, institutionalized racism, & limited access to high-quality health care. These issues drive inequity in healthcare among those communities most affected by HIV.

Globally, women are most affected by HIV, accounting for over half of all cases worldwide, according to the World Health Organization (WHO).

In the United States & other Western countries, gay, bisexual, and other men who have sex with men (MSM), as well as trans women, are disproportionately affected by HIV (in 2019, 70% of new HIV infections in the US were among MSM). This is especially true among Black & Latinamerican MSM.



Today, we all play a role in ending HIV.
Together, Prevention and Treatment as Prevention (TasP), are the two biggest lines of defense in the fight against HIV.



*Check out
this info for
the CDC
about
prevalence of
HIV in the
US*

Prevention:

If you're not living with HIV (HIV negative), then you can stop the spread by using preventative medicine (PrEP & PEP) to avoid contracting HIV, even if you have been exposed.

Treatment as Prevention:

If you are living with HIV (HIV positive), then you can also stop the spread by getting treatment necessary to protect yourself and your partners.



WHAT IS PrEP?

PrEP (pre-exposure prophylaxis) is the use of medications to prevent acquiring HIV from sex by up to 99%. PrEP can reduce the chances of acquiring HIV from IV drug use by at least 74%.

PrEP only protects against HIV. It does not prevent other STIs like gonorrhea, syphilis or chlamydia. So, continue to use condoms if you want to avoid other STIs.

What does adherence mean?

PrEP is up to 99% effective if the regimen is adhered to (as long as you take the pill everyday). The more days you forget to take the pill, the less effective it becomes.

Who sells this stuff?

PrEP meds developed by Gilead Sciences (Truvada & Descovy) & Viiiv Healthcare (Apretude) are approved in the US; generic versions of Truvada are currently available, too.

How does it work?

When HIV is introduced into the bloodstream, it will attempt to establish itself in the new host by making copies of itself. However, it takes a few days (about 72 hours) for HIV to make enough copies of itself to infect the host. PrEP stops the virus from replicating, thereby preventing infection.

Read more about how PrEP works at the CDC website



Should I get on PrEP?

Anybody who is sexually active & is not living with HIV can get on PrEP. However, you definitely should consider getting on PrEP if you:

- have a sexual partner who is living with HIV.
- tend not to use condoms.
- have been diagnosed with an STI in the past 6 months.
- use drugs intravenously.

TYPES OF PrEP

There are 3 ways PrEP can be taken: as a daily pill, as a bi-monthly injection (every other month), or "on-demand", also known as the 2-1-1 method.

Daily PrEP

A daily pill taken by mouth.

Truvada, Descovy, & generic forms of Truvada are currently used as PrEP.

When using this method, it is important to keep in mind that you will need to be taking the pill daily for about 3 weeks before it is considered fully effective. This is because, as with many drugs, it takes time to fully integrate into your system.



Check out this video about PrEP On-Demand from Ending HIV

Injectable PrEP

An injection administered at the doctor's office bi-monthly.

In December 2021, the FDA approved injectable APRETUDE for use as PrEP.

This is a good option for many because you only have to worry about getting a shot 6x per year as opposed to remembering to take a pill every day.

PrEP On-Demand

Some people are more sexually active at certain times.

"On Demand" PrEP is used during periods of higher sexual activity. For example, if you & your partner are in a closed relationship except for a few times a year when you invite a very special guest star for a threesome.

This means taking 2 PrEP pills between 2 & 24 hours before you have sex, then taking 1 pill 24 hours later, & 1 more pill 24 hours after that. This method is also called the 2-1-1 method.



What is PEP?

PEP (Post-exposure prophylaxis) is an anti-retroviral (ART) drug cocktail you can take if you've been exposed to HIV to lower your risk of the exposure becoming an infection.

You must start taking PEP within 72 hours of the exposure & continue the treatment for 28 days.

PEP is an intended for use in emergency situations. If yourself needing to use it more than a few times, you may want to consider getting on PrEP.

Should I use PEP?

You may want to consider getting on PEP if you are NOT on PrEP & you:

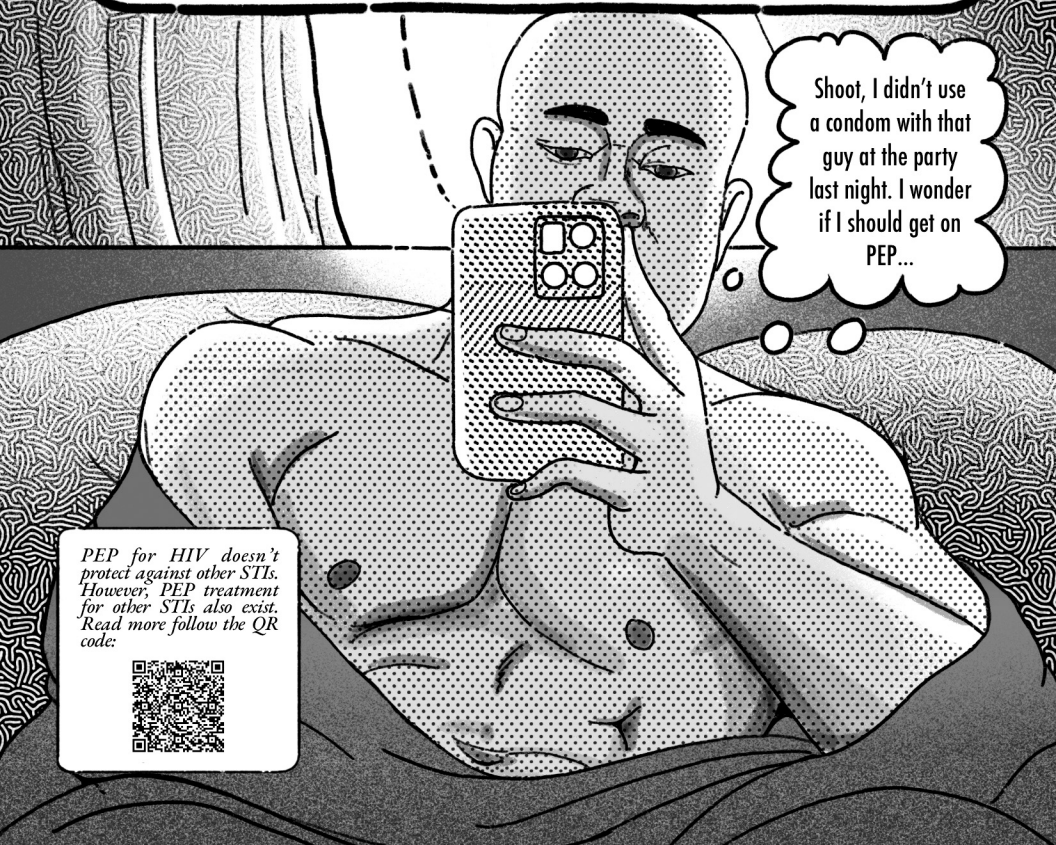
- notice the condom break or didn't use one during penetrative sex with someone of unknown HIV status.
- share equipment to inject drugs with someone of unknown HIV status.
- have been sexually assaulted.

How does it work?

Similar to PrEP, PEP medications stop HIV from making copies of itself, effectively killing the virus & ensuring that the exposure does not lead to an infection.

Where to get it

Emergency rooms and urgent care rooms may carry PEP. Many LGBTQ+ community health clinics will also carry and prescribe PEP.




PEP for HIV doesn't protect against other STIs. However, PEP treatment for other STIs also exist. Read more follow the QR code:

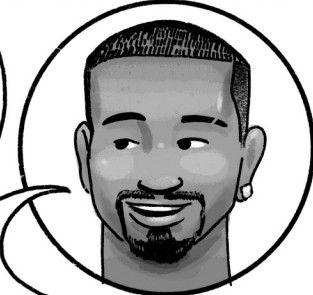


Ask a PrEP Navigator


PrEP Navigators work at health clinics. They provide care coordination, support, & services to people seeking PrEP or PEP.



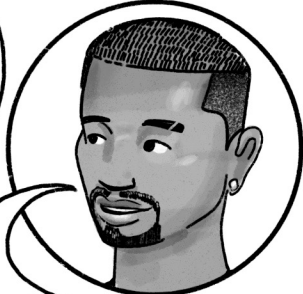
Last night, I hooked up with someone. We used protection at first, but at one point, we decided to take it off. I am not currently on PrEP. What should I do???




This is an exposure; remember, exposure does not always mean infection. That said, since you aren't on PrEP, we could help you to get on PEP today. After your 28-day treatment, it might be a good idea to get on PrEP. Something to think about.




Four days ago, I had oral sex with a dude I met on the apps, and swallowed after he finished. I am worried that this can put me at risk of HIV. Do you think I should take PEP??



You're out of the 72-hour window, so even if you were to start PEP, it may not be effective. Oral sex is considered a very low risk activity. *Spit or swallow, don't let it wallow*, which means that as long as you don't hold the ejaculate in your mouth for a long time, your risk is low.



I was at a buddy's house the day before last and we ended up slamming* & hooking up. We used a condom for sex & I know my buddy, but I don't know his HIV status. Should I take PEP???



Sharing needles puts you at high risk of HIV since it can introduce other's blood directly into your bloodstream. Since your friend's doesn't know his status, let's get you on PEP today! You are still within the 72 hour window, so we have time.

*slamming means to inject drugs intravenously (using a needle).

TREATMENT AS PREVENTION

Treatment as Prevention (TasP) refers to the use of antiretroviral therapy (ART) by people living with HIV to achieve an *undetectable viral load*; meaning the medications they take lower level of the virus in their blood (<200 copies/ml) such that it cannot not be detected by a standard viral load test & cannot be transmitted to their sex partners.



Undetectable means untransmittable (U=U) has been clinically studied & scientifically proven. Follow the QR code to read more about U=U research from NIH:



Chris & Gloria met on Grindr & decided to meet up for a drink to get to know each other first ...



You're cute, Chris. Do you want to go back to my place? It's just a few blocks from here ...



I'd love that. Oh, I just wanted to mention something before we go.

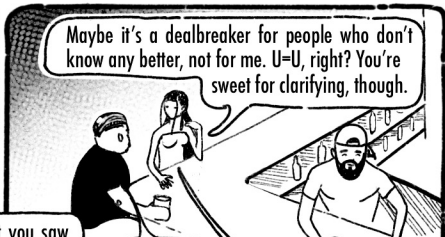
They've been talking for a bit & Gloria likes Chris' vibe, so she wants to invite him to her place.



What's up, handsome?



I just wanted to make sure that you saw on my profile that I'm undetectable. I've been undetectable for 5 years, but for some people that's a dealbreaker, so ...



Maybe it's a dealbreaker for people who don't know any better, not for me. U=U, right? You're sweet for clarifying, though.

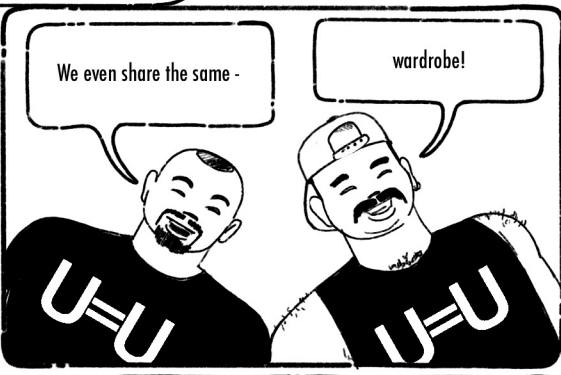
hehe, cool.

Now come on, let's get outta here!

Bryan & Brian are a couple with A LOT in common.



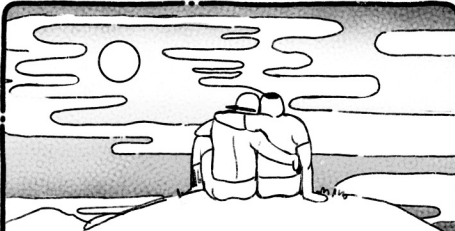
They like the same food, they go to the same gym, & listen to the same music; They're both Barbs, Arianators, & are part of the Navy!



We even share the same -

wardrobe!

There is one difference. Bryan is living with HIV & Brian is not, making them a **serodiscordant** couple; that means they have different HIV statuses.



Bryan is undetectable & Brian is on PrEP. Together, they are a great example of how the LGBTQ+ community is working toward ending the HIV epidemic once & for all!

PrEP/PEP RESOURCES



Where to start

You can talk to your primary care provider (PCP) about PrEP. PEP is available at urgent care (call ahead to verify). That said, many LGBTQ+ community health clinics, Planned Parenthood, and local health departments are also great resources to help you get PrEP & PEP.



Find free PrEP navigation services near you
prelocator.org

Costs

Pharmaceutical companies in the US can set costs for the medications they develop; as a result, medications like those used for PrEP & PEP are incredibly expensive. Most insurances cover some or all of the cost of these meds.

If you don't have insurance, these same pharma companies provide copay assistance programs. The US government also subsidizes programs that cover the costs of these meds.

PrEP navigation services at health clinics can help you with this process. Make an appointment to talk to a navigator using the QR code.



Accessibility

If you are uninsured or undocumented, don't let that stop you from seeking PrEP or PEP services. Undocumented people have the right to access these meds as much as anybody else. A PrEP navigator can help you enroll in programs.

Undocumented folks in California can enroll in the Ryan White Program, and are also eligible to enroll in Emergency MediCAL. As of January 2024, undocu people will also be eligible to enroll in full coverage MediCAL.

KNOW YOUR STATUS

One of the biggest drivers of the spread of HIV today is the fact that hundreds of thousands of people in the US are living with HIV but are unaware of their status. The best thing you can do to help yourself & your community is to get tested & know your status. If your test comes back positive, then you can start treatment & become undetectable in short order! If your test comes back negative, you can think about getting on PrEP. Make an appointment to get tested today!



Find testing locations near you
locator.hiv.gov

PrEP/PEP SERVICES IN SoCAL

Los Angeles

Men's Health Foundation West Hollywood

9201 W Sunset Blvd Ste 812, 90069
(310) 550-1010
menshealthfound.org

Riverside

DAP Health

1695 N Sunrise Way, Palm Springs, 92262
(760) 323-2118
daphealth.org

TruEvolution

4164 Brockton Ave. Suite A. Riverside, 92501
(951) 888-1346
truevolution.org

Orange

Orange County Health Care Agency 17th Street Testing and Treatment

1725 W 17th St Ste 101 F
Santa Ana, California 92706
(714) 834-7991
ochealthinfo.com

San Diego

Family Health Centers of San Diego Hillcrest Family Health Center

4094 4th Ave, 92103
(619) 515-2545
fhcsd.org/hillcrest-family-health-
center/

Online

Hey Mistr
heymistr.com

**PrEP Navigator
Services Locator**
npin.cdc.gov/prelocator



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