

# PrEP to Prevent HIV: Women & PrEP

## What is PrEP?

- PrEP stands for Pre-Exposure Prophylaxis.
- PrEP is a highly effective, woman-controlled HIV prevention option.
- PrEP is available at VA.
- Taking PrEP daily can help reduce your risk of getting HIV if you are exposed to the virus.

## Why take PrEP?

Take care of yourself! Women account for 1 in 5 new HIV diagnoses. And 57% of women diagnosed with HIV are African American/Black. Despite this, many Black women who are at risk are not using PrEP.

The once daily PrEP pill reduces the risk of getting HIV from sex by about 99%. Also, PrEP reduces the risk of getting HIV for people who inject drugs by at least 74% when taken daily.

PrEP does NOT protect against pregnancy or other sexually transmitted infections. Combining PrEP with condoms will reduce your risk of both HIV and other STIs.

## Is PrEP Right for you?

Ask your provider about PrEP if you are HIV-negative and ANY of the following apply to you:

- Have an HIV-positive partner
- Have multiple sex partners
- Have a partner who has other sex partners
- Have a partner whose HIV status is unknown
- Have used needles to inject drugs or had sex with someone who injects drugs

## How do I get PrEP?

If you think PrEP may be right for you, speak to your VA health care provider. PrEP is only available by prescription.

You will need to get an HIV test and baseline lab tests to ensure safety prior to starting PrEP. If you take PrEP, you will need to follow up with a health care provider every 3 months.

## PrEP Curious?

For questions about condoms, PrEP, HIV and hepatitis screening, reach out to your VA health care provider or your local VA health care system infectious disease clinic. Learn more: [www.hiv.va.gov](http://www.hiv.va.gov)



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