PrEP is an effective medication that can prevent you from getting HIV. If you are a cis-gender man who has sex with other men you have choices about how you will take PrEP.

Talk to your health care provider about taking PrEP, and the dosing option that may work best for you.

PrEP is taken every day and can be taken in different ways:

**Daily PrEP**
- Want every day protection
- Don't always know when you might be having sex
- Don't always use condoms
- Can take a pill daily without missing doses
- Can have periods of no sex
- Reason you might consider Daily PrEP:
  - Don't worry if you forget to take a pill

**On-demand PrEP**
- Have periods of no sex
- Want every day protection
- Don't always use condoms
- Don't worry if you forget to take a pill
- Reason you might consider On-demand PrEP:
  - Can have periods of no sex

To learn more about PrEP visit: [PrEPforsex.org](http://PrEPforsex.org) or to find a local PrEP provider visit: [health.ny.gov/PrEP](http://health.ny.gov/PrEP).

**Daily PrEP dosing schedule**
- Take one pill for 7 days
- Take one pill each day after START
- Before having sex
- CONTINUE TAKING
- Sex or no sex

**On-demand PrEP dosing schedule**
- Take two pills at least 2 hours but not more than 24 hours before sex
- Start 2 pills at least 2 hours after your last sexual encounter
- Continue taking 1 pill every day until two days after your last sexual encounter
- Take 2 pills at least 2 hours and no more than 24 hours before sex
- How would you PrEP?

Choose the dosing option that works best for you.