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# Pre-Exposure Prophylaxis (PrEP)

## PrEP By the Numbers:

- Taking one PrEP pill, once a day is very effective at preventing a person from becoming infected with HIV.
- In 2013, there were about 3,000 new HIV infections in New York. Expanding access to PrEP will help New York reach the goal of reducing the number of new infections to fewer than 750 per year by 2020.

## Who Can Benefit from PrEP?

PrEP is one of many options for preventing HIV infection. HIV infection can be avoided by: 1) not sharing drug injection equipment (needle, syringe, cooker, cotton, etc.) and, 2) having only one monogamous sex partner whose HIV status is known to be negative. If a person has sex with more than one partner, consistent and correct use of condoms every time can prevent HIV infection. If a person does not always practice safer sex or injecting practices, PrEP is an important option to consider. PrEP may be a smart choice for:

- Men who have unprotected anal intercourse with other men;
- People who are in a sexual relationship with a partner who has HIV;
- Trans-people who have unprotected anal or vaginal sex;
- Anyone who trades sex for money, drugs or housing;
- Anyone who injects drugs or shares injection equipment;
- Anyone who uses stimulant drugs such as methamphetamine and has unprotected sex;
- Anyone who has had more than one sexually transmitted infection (STI) in the last year;
- Anyone who has taken HIV post-exposure prophylaxis more than twice in the last year.

## How Does PrEP Work?

The six-point PrEP program for people who are HIV negative includes the following:

1. Regular HIV testing;
2. Taking one PrEP pill, once a day, every day for a specific period of time;
3. Using condoms to avoid STIs;
4. Periodic screening for STIs;
5. Education about how to reduce the risk of getting HIV and STIs through sex; and,
6. Counseling and support for taking the medication regularly (adherence).

## Where Can A Person Get PrEP and Will He or She Be Able to Afford It?

People can ask their doctors about PrEP. To find a medical provider that prescribes PrEP and to access other resources, like options for payment, visit <http://www.health.ny.gov/PrEP>.

**PrEP is an HIV prevention option for people who do not always use condoms or practice safe injecting. By practicing HIV prevention, people are part of New York's plan to end AIDS.**