



PrEP

protects you from HIV.

What is PrEP?

PrEP (Pre-Exposure Prophylaxis) is an HIV prevention option for people who do not have HIV to prevent from acquiring it. PrEP is highly effective for preventing HIV when used as prescribed. PrEP combined with other prevention strategies (condom, lube use, routine sexually transmitted infections (STI) screening, etc.) is the most effective way to prevent STI and HIV transmission.

How Does PrEP Work?

PrEP is an anti-viral medication that can highly prevent you from getting HIV if you are exposed to it. Since the virus cannot copy itself, it cannot take hold in the body.

PrEP is available as an intramuscular injection or once daily pill and can protect you from HIV by more than 90%, if taken as directed.

PrEP is highly effective in preventing HIV, but it does not protect against other STIs. Consistent condom use is highly recommended to prevent infection.

Is PrEP for Me?

Most people can safely use PrEP, but a doctor will need to determine if there is any reason why you should not take it.

When considering PrEP, think about your health, the kind of sex you have, your partners, and other factors.

Are There Side Effects?

PrEP has been shown to be very safe. However, there may be minor side effects known as start-up syndrome.

Side effects may include gas, bloating, abdominal pain, nausea, and diarrhea. These symptoms are mild and typically go away before the end of your first month on PrEP.



How Can You Get PrEP?

If you have health insurance and have a healthcare provider, talk to your doctor to find out if PrEP is for you.

If you have health insurance and need to find a PrEP provider, visit PleasePrEPme.org to find a provider near you.

Health insurance is not required for PrEP. There are patient assistance programs that cover PrEP-related costs including the medication itself.

If you need assistance with or information about PrEP, please contact: County of Santa Clara Public Health
PrEP Navigation Services
(408) 792-3720
GettingToZeroSCC@phd.sccgov.org

PrEP Referral Form

For more information and resources about PrEP, submit a referral form using the QR code or by emailing GettingToZeroSCC@phd.sccgov.org



Resources

The Crane Center

The Crane Center, part of the County of Santa Clara Public Health Department, provides free HIV and Hepatitis C testing, condoms, and lubricants. It also offers low-cost services for the screening and treatment of STIs. For more information, visit GetTestedSCC.org or call (408) 792-3720.

AACI's HOPE Program

The HOPE program provides free rapid HIV testing, counseling, referrals, PrEP navigation assistance, and outreach. Visit their website at aaci.org/wellness/hope/.

Please PrEP Me PleasePrEPMe.org

is a website that makes it easy to find a PrEP provider near you. Enter your zip code on the site for a list of providers and contact info.

