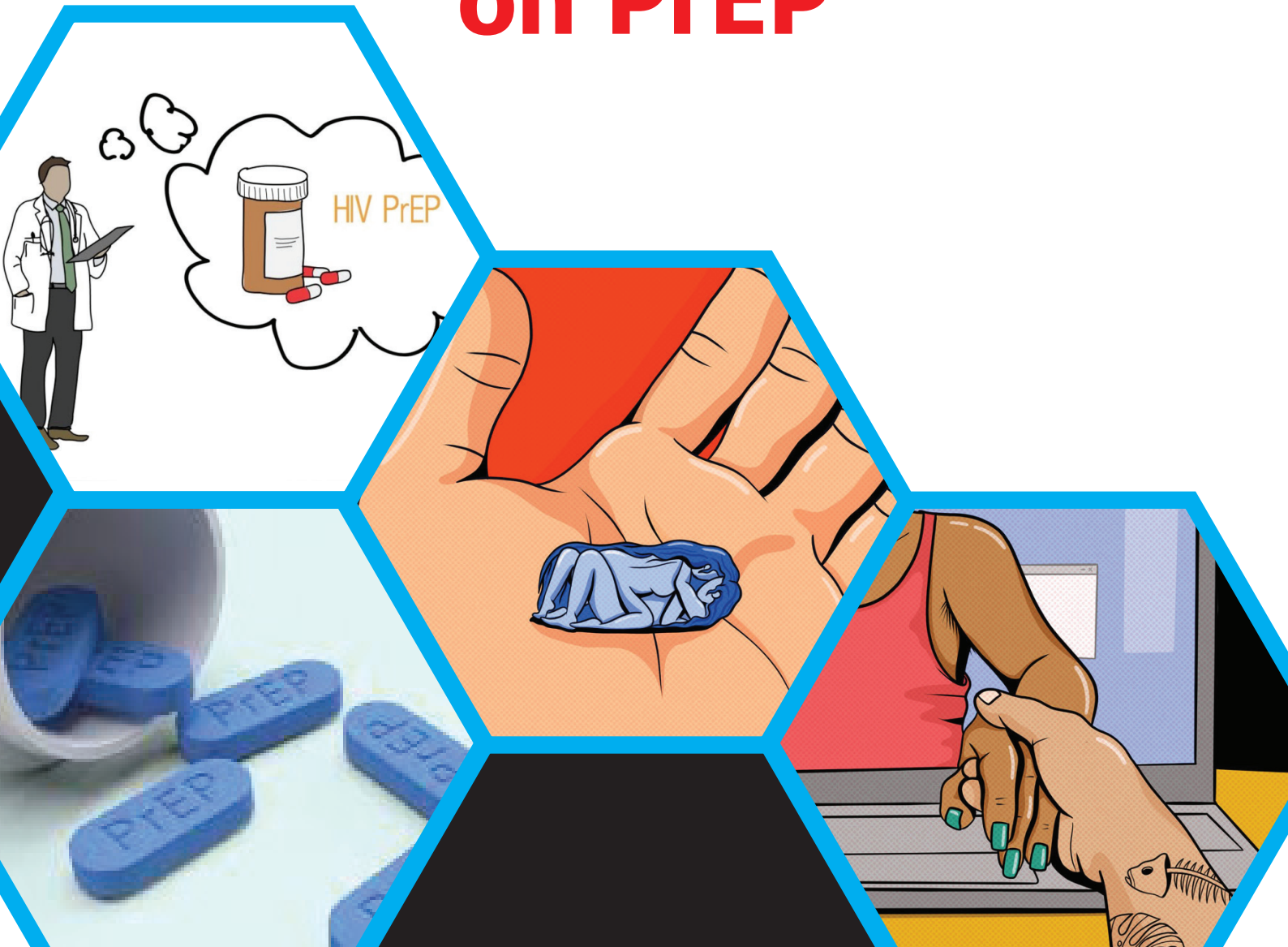


Accelerate

safe
zindagi
raho sexy & healthy

FREQUENTLY ASKED QUESTIONS on PrEP





















FAQs


















TOPIC













QUESTION

ANSWERS



TOPIC	QUESTION	ANSWERS
Know PrEP	What is PrEP	<ul style="list-style-type: none">  PrEP reduces the risk of getting HIV from sex by over 90% if taken correctly.  For injecting drug use, studies show PrEP reduces HIV risk by over 70%.  When taken regularly, PrEP can provide a high level of protection against HIV  It is important to still use condoms to protect against other STIs like syphilis and gonorrhoea.  PrEP does not prevent pregnancy.  It takes about 7 days of taking PrEP daily before it provides protection for anal sex, and 21 days for vaginal sex and injection drug use.
	How does PrEP work?	<ul style="list-style-type: none">  PrEP helps prevent HIV infection by stopping HIV from replicating inside your body.
	Who should be taking PrEP?	<ul style="list-style-type: none">  You may be at risk for HIV and can consider taking PrEP if: <ul style="list-style-type: none">  A: You have had vaginal or anal sex in the past 6 months and: <ul style="list-style-type: none"> • Multiple sexual partners • Don't always use condoms • Sexual partner living with HIV (with an unknown or detectable viral load) • Diagnosed with a sexually transmitted infection in the past 6 months • Taken Post Exposure Prophylaxis (PEP) in the past year • Considering getting pregnant with an HIV positive partner  B: You are a Person Who Injects Drugs (PWID) and: <ul style="list-style-type: none"> • Have an injection partner living with HIV • Share needles, syringes, or other equipment to inject drugs
	Side effects of PrEP	<ul style="list-style-type: none">  PrEP, like other drugs, may have mild and temporary side effects.
		<ul style="list-style-type: none">  Common side effects: <ul style="list-style-type: none"> • Diarrhoea, nausea or headache - These symptoms usually go away in a few weeks. • Can be avoided by taking the pill with food or at bedtime

	<p> Less common side effects, which are reversible, include:</p> <ul style="list-style-type: none"> • Reduced kidney function - It is important that kidney function is monitored at follow-up visits with your provider. • Reduced bone density - In very rare cases, PrEP may reduce bone mineral density (bone strength).
	<p> These symptoms return to normal when PrEP is stopped.</p> <p> If you are feeling any side effects from taking PrEP, please consult your doctor immediately.</p>
Recommended dosage of PrEP	<p> Please consult your doctor.</p> <p> A qualified doctor will recommend an appropriate dosage for you.</p>
Stopping PrEP	<p> Talk to your doctor before stopping or restarting PrEP. You should continue taking PrEP as long as you are still at risk of HIV.</p> <p> PrEP should be continued for 28 days after an exposure to HIV.</p>
Does PrEP only work to prevent HIV, or does it work for STIs too?	<p> PrEP is only effective for HIV prevention.</p> <p> PrEP can't provide protection against STI/STDs such as Syphilis, Gonorrhoea, Hepatitis B, Hepatitis C, or Chlamydia.</p> <p> The best way to protect against STIs is to use condoms regularly.</p>
Do I need to use a condom when I am on PrEP?	<p> Yes. It is strongly advised that you use condoms along with PrEP as additional protection against HIV and STIs, unless you are trying to get pregnant.</p>
I am on PrEP. Do I still need to test regularly for HIV?	<p> Yes! PrEP provides protection from HIV only when the tablet is taken every day.</p> <p> This leaves some risk of contracting HIV, so it is important to get an HIV test every 3 months when on PrEP.</p> <p> If you become HIV positive while on PrEP, you should start taking treatment for HIV as soon as possible with help from your doctor.</p>









	<p>What is the difference between PrEP and PEP?</p>	<p> PrEP (pre-exposure prophylaxis) is taken daily by HIV negative people to prevent acquiring HIV.</p> <p> PEP (post-exposure prophylaxis) is for people who may have been exposed to HIV to stop getting infected.</p> <p> PEP is for emergency situations and must be taken within 3 days of a possible HIV exposure.</p>
<p>Access PrEP</p>	<p>How do I get started on PrEP?</p>	<p> PrEP should be taken only under the supervision of a qualified doctor.</p> <p> Your doctor will decide if you are eligible for PrEP and issue you a prescription.</p>
	<p>Where can I get PrEP?</p>	<p> Once you have a valid prescription for PrEP from a qualified medical practitioner, you are eligible to buy PrEP from a pharmacy.</p> <p> You can also buy PrEP online.</p> <p> Register for PrEP here (https://prep.yes4me.net/).</p>
	<p>How can I access PrEP from Safe Zindagi (Yes4Me)?</p>	<p> To get started on PrEP, you need a doctor's prescription.</p> <p> Safe Zindagi (Yes4Me) can help you find a doctor to consult for PrEP prescription.</p> <p> https://prep.yes4me.net/</p> <p> All consultations are virtual and free</p>
	<p>Adherence</p>	<p>Do I need to take PrEP daily?</p>
<p>How long should I be on PrEP?</p>		<p> You should continue to take PrEP if you continue to be at risk of HIV.</p> <p> If your risk of HIV changes, you should consult your doctor to talk about stopping PrEP.</p>
<p>How many days before sex should I take PrEP?</p>		<p> It takes about 7 days of taking PrEP daily before there is enough medication in your body to provide protection for anal sex.</p> <p> It takes 21 days of taking PrEP daily to provide protection for vaginal sex and injection drug use.</p> <p> Also, PrEP should be continued for 28 days after an exposure.</p>

	Should I take PrEP every day even if I am not having sex every day?	 Yes. You should take one pill every day even if you do not have sex every day.
		 At least till 28 days after the risk exposure
	What happens if I miss a PrEP dose?	 If a dose is missed, PrEP should be taken whenever you remember.
		 If two doses are taken by mistake, that is okay, only take one pill the next time.
Special Considerations	Can people living with HIV take PrEP?	 No. PrEP is ineffective for people living with HIV.
		 If a PrEP user is diagnosed positive, treatment for HIV should be started immediately.
	Can I use drugs and alcohol while taking PrEP?	 Yes, it is safe to use drugs and alcohol while on PrEP.
	Is PrEP safe during pregnancy and breastfeeding?	 PrEP is safe to take during pregnancy as well as for women who are breastfeeding.
		 PrEP can be started or continued during pregnancy or breastfeeding.
	Can I take PrEP if I am on contraceptives?	 Yes, it is safe to combine contraceptives and PrEP.
	Can I take PrEP if I take hormones?	 Yes. It is safe to be on PrEP if you are taking gender affirming hormones.
	Can I take PrEP if I am on anti-depressants?	 Yes, you can safely combine PrEP and anti-depressant medication.

About PrEP on Safe Zindagi (Yes4Me):

About Safe Zindagi (Yes4Me)	Why Safe Zindagi (Yes4Me)	 At Safe Zindagi (Yes4Me), we want to support you throughout your PrEP journey.
		 Through our platform, connect with trained online counselors, get your concerns and questions answered and book an online doctor's appointment. Talk remotely about PrEP prescription or browse our database for an in-person appointment with a doctor of your choice.

About PrEP on Safe Zindagi (Yes4Me):

<div style="background-color: #0056b3; width: 100%; height: 100%;"></div>		 Doctors in our database undergo training to provide non-judgmental, comprehensive PrEP care.
		 After you get a prescription, we can have PrEP delivered to your door through our online pharmacy or you can receive PrEP locally at a location of your choice.
	<p>Process of starting PrEP</p>	 Before getting a PrEP prescription, your virtual counsellor will inform you the process.
		 They will seek an appointment with laboratory to get your tests as per the doctor's advice before starting PrEP.
		 The mandatory tests that will be done are HIV, Hepatitis, Syphilis and Creatinine.
		 Once these reports, arrive and if you are HIV negative, the virtual counsellor will seek an online appointment with the trained doctor to initiate the PrEP medication.
		 You will receive the prescription after giving consent. the virtual counsellor will help in sending it to the pharmacy and the drugs will be couriered after you make the payment.
	 All the tests and medication at a very subsidised cost (>50%) on Safe Zindagi platform.	

Taking PrEP Don't Forget

See your doctor every 3 months for a new prescription and sexual health check up.



Remember to take it under a doctor's supervision
—no over the counter purchases and sharing with friends!

PrEP can't protect you against:

STIs



Pregnancies



SO it's best to keep **condoms** in the mix.

To know more, visit us at <https://prep.yes4me.net/> or call us at 91-8287122191/91-8287127978









What is PrEP

is a pill when taken daily can **prevent** HIV infection

[studies show 90% reduction in HIV infections when PrEP is taken as prescribed]



To know more, visit us at <https://prep.yes4me.net/> or call us at 91-8287122191/91-8287127978



Who should be on PrEP?

Consider PrEP if you are HIV negative and have any of the following:

A sexual partner with HIV (with unknown or detectable viral load).



Not consistently used a condom.



Multiple partners.



Had an STI in the last 6 months.



Shared needles, syringes, or other equipment to inject drugs.



Repeatedly used PEP (post exposure prophylaxis) in past few months.



A partner with HIV and are considering getting pregnant.



To know more, visit us at <https://prep.yes4me.net/> or call us at 91-8287122191/91-8287127978



How do I start PrEP

Consult a doctor before starting PrEP.



If you're eligible your doctor will prescribe PrEP.



Blood tests to check kidney function, Hepatitis B & Hepatitis C status.



Get tested for HIV (You should be HIV negative).



Buy PrEP from a trusted pharmacist or online.



To know more, visit us at <https://prep.yes4me.net/> or call us at 91-8287122191/91-8287127978

Note: Take PrEP some days before any exposure to HIV (7 before anal sex and 21 before vaginal sex).



How should I take PrEP?

You need to take PrEP everyday as prescribed.



Being irregular with PrEP will result in poor protection against HIV.



Ways to remember to take PrEP daily

Dosage boxes



Alarms



Apps



Slot into your daily routine.



To know more, visit us at <https://prep.yes4me.net/> or call us at 91-8287122191/91-8287127978



Maharashtra Office: ACCELERATE YRG Care, Maharashtra State AIDS Control Society,
Ac worth Complex, R.A. Kidwai Marg, Wadala West Mumbai- 400031

Telangana State Office: House no - 3-6-313 (1st floor)
Basheerbagh, Hyderabad - 500 029

Delhi Office: C-11 (2nd Floor), Green Park Extension, New Delhi - 110016
Phone - 0114 1750 180 | Online presence - <https://linktr.ee/programACCELERATE>

Helpline number: 7397313873 and help@yrgcare.org
For any queries and service request, give a missed call on 9700710071

