

Oral PrEP? What is it?

Oral PrEP (pre-exposure prophylaxis) is a pill taken every day if you are HIV-negative to prevent getting HIV.

Health tip: When in doubt, consult your healthcare provider and use a condom.

5 oral PrEP facts for you

1 Oral PrEP is more than 90% effective at preventing HIV when taken as prescribed. It doesn't prevent STIs or pregnancy - so, use condoms and contraception together with oral PrEP.

2 You will only be protected after taking oral PrEP every day for 7 days. You will then need to continue using it every day to prevent HIV.

3 Some people experience mild side effects when they start oral PrEP. These usually go away in a few weeks. Don't stop using oral PrEP, your body will get used to the medication!

4 Don't share your oral PrEP pills with anyone, this is not good for your health or theirs.

5 Oral PrEP is not HIV treatment, it does not need to be taken for life. PrEP should only be taken when you are worried about being infected with HIV.



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May 2023

The Ring? What is it?

The dapivirine ring (the Ring) is an HIV prevention method that is inserted into the vagina to prevent HIV.

Health tip: When in doubt, consult your healthcare provider and use a condom.

5 Ring facts for you

- 1** The Ring is 35%* effective at preventing HIV when taken as prescribed (see note below). It is inserted in the vagina and it slowly releases HIV prevention medication (called dapivirine) for 28 days. Then it needs to be removed, and you insert a new ring.
- 2** The Ring reduces your chances of getting HIV only when you have vaginal sex. The Ring needs to be in your vagina for at least 24 hours before it is effective.
- 3** You don't need to take out the Ring or clean it, even after sex or during menstruation. The Ring must be worn for the full 28 days to be effective.
- 4** The Ring helps to prevent HIV. It doesn't prevent pregnancy or STIs; condoms and contraception can be used together with the Ring.
- 5** The side effects from the Ring are mild and generally go away after a few days without needing to take out the Ring.

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**Note: Further studies have shown the ring may be over 50% effective if used correctly and consistently*

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