

Be PrEPared

Empower Your Health with PrEP

PrEP Protection and Women

Anyone can get HIV. PrEP (Pre-Exposure Prophylaxis) is a safe and effective way to prevent HIV.

PrEP may help if you:

- Do not use condoms
- Have a sexual partner who has HIV or who has sex with other people
- Have sex with more than 1 person, or you do not always use condoms
- Had a sexually transmitted infection such as chlamydia, gonorrhea, or syphilis
- Want to be safe and take charge of your sexual health



Black and African American women have a greater chance of getting HIV compared to white women.

HIV rates are higher in Black communities for many reasons including racism, sexism and barriers to getting medical care.



What to Know About Taking PrEP

There are some medications you cannot take when using PrEP.

Tell your healthcare provider about all medications you take.

PrEP only protects against HIV. It does not protect you from other sexually transmitted infections.

PrEP does not prevent pregnancy You must use birth control if you do not want to get pregnant.

It is safe for pregnant women to take oral PrEP. There is no higher chance of birth defects or other problems when pregnant or breast-feeding. Talk with your healthcare provider if you are pregnant or breastfeeding.



Possible Side Effects of PrEP

- Some possible side effects include nausea, dizziness, and headaches.
- These symptoms are mild and often go away on their own.
- Talk to your healthcare provider about how to manage side effects.



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When to Use PrEP

All sexually active people can take PrEP. PrEP is a way to empower your health and keep yourself protected from HIV.

PrEP may be useful during some times in your life.

You can stop or start PrEP based on your need.

Always talk to your healthcare provider before starting or stopping PrEP.

If you want to start taking PrEP talk to your healthcare provider.

Staff are here to give you resources about paying for PrEP and to answer your questions.



HIV and PrEP Team

- PrEP and HIV 101 education
- Case management for continued PrEP support
- Appointment scheduling and follow-up on no-shows
- Access to community resources and support groups
- Help with enrolling in Patient Assistance Programs

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Other Resources

Other Online Resources for PrEP and Women:

- Black AIDS Institute: www.blackaids.org
- #ShesWell: PrEP for Women
<https://www.cdc.gov/stophivtogether/sheiswell/index.html>
- www.hiveonline.org (A hub of positive reproductive and sexual health)

Power Up

This information is part of The Power Up Research Study, a partnership of:



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