

PrEP

Be
PrEPared

beprepared.me.uk

NHS

Central and
North West London
NHS Foundation Trust

Be
PrEPared

PrEP

What is PrEP and who's it for?

- **PrEP** is a medication taken by HIV negative people to protect them from contracting HIV. It is up to 99% effective when taken correctly.
- **PrEP** works by stopping the HIV virus from entering the cells in your body that it needs to access to reproduce itself. In this way, if you are taking PrEP correctly and you're exposed to HIV, it can't become established in your body.
- **PrEP** is for anyone at increased risk of acquiring HIV. People who may be at increased risk of acquiring HIV include:
 - Gay men, bi men, and men who have sex with men
 - Trans women and non-binary people
 - Women and other people whose partner is a man who has sex with men
 - People who inject chems or party drugs, and share needles
 - Sex workers

Quick guide to PrEP



Central and
North West London
NHS Foundation Trust

Your PrEP, your way

PrEP is flexible and empowers you to take control of your HIV status. You can take **PrEP** daily to provide rolling protection against HIV or if you know when you're going to have sex, you can do 'on-demand' **PrEP** as and when you need it.

Whether you take **PrEP** daily or on demand, if you're taking it to protect you during anal sex, you can start and stop **PrEP** in the same way - to start, take two pills at least two hours before you have sex, and then to stop, continue to take one pill a day for the two days after the last time you had condom-less sex.

For more information:



PrEP only provides protection against HIV. To protect yourself against other STIs such as chlamydia, gonorrhoea, and syphilis, the best protection is condoms, especially when meeting new partners. Some people on PrEP never use condoms, some use them all the time, and some use them some of the time. For great prices on a wide selection of condoms and lube visit freedom-shop.com

Where to get PrEP free on the NHS

- You can book a **PrEP** appointment online at **Mortimer Market Centre** (off Tottenham Court Road by Warren Street Station), **Archway Centre** (opposite Archway Tube), and **Edgware Community Hospital** (HA8)
- At **beprepared.me.uk** or use this QR code:



PrEP

For a full list of London clinics offering free PrEP visit shl.uk/prep



Central and
North West London
NHS Foundation Trust