Ask about PrEP

Ask your doctor about a daily pill that can protect you and your partners.
PrEP is safe and can reduce your risk of HIV by more than 90%. It takes at least 1 week on PrEP before you’ll be protected for anal sex, and 3 weeks for vaginal sex. Get tested for HIV and STDs every 3 months. Tell your provider if you plan to stop (or restart) PrEP.

Take 1 pill once a day. Finding a routine is essential.

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