

Frequently Asked Questions

Is PrEP safe?

Most people do not have side effects. Some people have nausea, stomach cramps or diarrhea. Side effects usually get better or go away after two months.

How can I pay for PrEP?

Most insurance plans cover PrEP. If you don't have insurance or your insurance doesn't cover PrEP, there are programs that can cover some or all of the costs. Clinic 555 will help you get financial assistance to pay for PrEP.

Can I use alcohol or drugs?

Yes.

I'm on hormones. Is PrEP safe for me?

Yes.

HIV Prevention

PrEP can be even more effective, when combined with other prevention strategies:

- Condom use
- Reducing number of sex partners
- Practicing less risky sex behavior
- Reducing drug and alcohol use
- Regular STI testing
- Discussing HIV status with sex partners
- Using clean needles
- PEP (Post-Exposure Prophylaxis) - if not already on PrEP

Clinic 555

Clinic 555 offers confidential, quality sexual and reproductive health services for adults and teens. Services range from low cost to free, based on family size and income. No one will be turned away for lack of funds. Call to make an appointment. Walk-ins are also welcome.

555 Cedar Street
Saint Paul, MN 55101

651-266-1255
www.clinic555.org

Hours

The clinic is closed Monday - Thursday from noon - 1 p.m.

Monday	8:15 a.m. - 4 p.m.
Tuesday	8:15 a.m. - 7 p.m.
Wednesday	8:15 a.m. - 4 p.m.
Thursday	8:15 a.m. - 7 p.m.
Friday	8:15 a.m. - 12:30 p.m.

Data Source

Centers for Disease Control and Prevention (2014a). Preexposure prophylaxis for the prevention of HIV infection in the United States—2014: a clinical practice guideline. Atlanta, GA: CDC. Retrieved from <http://www.cdc.gov/hiv/pdf/prepguidelines2014.pdf>

 **RAMSEY COUNTY**
Saint Paul – Ramsey County Public Health

October 2016

PrEP

Pre-Exposure Prophylaxis



One pill a day to prevent HIV

651-266-1255

clinic555.org

 **RAMSEY COUNTY**
Saint Paul – Ramsey County Public Health



**Take PrEP once a day to give yourself the most protection against HIV.
PrEP does not protect you from other sexually transmitted
infections and does not prevent pregnancy.**

About PrEP

Pre-Exposure Prophylaxis (PrEP) is a HIV prevention tool. Individuals who do not have HIV take a daily pill to reduce their risk of getting HIV.

The PrEP pill contains two medications that stop HIV from taking hold in the body.

If taken daily, PrEP can reduce the risk of an individual getting HIV by more than 90%. PrEP is less effective if not taken every day.

Who Should Take PrEP

PrEP is for people who are at high risk of getting HIV through injection drug use or sex without condoms.

Consider PrEP if you have sex without condoms and:

- Your sex partner(s) has HIV,
- You do not know if your partner(s) has HIV but know they are at risk of getting HIV through injecting drugs or having sex with other people in addition to you.

About 40,000 people get infected with HIV each year in the U.S. Some populations are more at risk of getting HIV than others.

How to Get Started

1. Clinic 555 can help you decide if PrEP is right for you. Call to make an appointment.
2. Your health care provider will make sure you do not have HIV and that your body is able to take PrEP safely.
3. Once you have your prescription, you will take one pill, once a day. **If you forget your pill, take it as soon as you remember.** If it's the following day, do not take two pills at the same time to catch up. Take one pill and go back to your regular schedule.
4. As long as you are taking PrEP, you will need to return to Clinic 555 every three months for HIV, sexually transmitted infection (STI) and kidney function tests.

**Call 651-266-1255
if you have any questions
or concerns about PrEP.**

