

PEP 101

If you may have been exposed to HIV* in the last 72 hours, talk to your health care provider, an emergency room doctor, or an urgent care provider about PEP right away.

PEP can reduce your chance of getting HIV after a possible exposure.

WHAT IS PEP?

- PEP, or post-exposure prophylaxis, means taking medicine to prevent HIV after a possible exposure.
- **PEP must be started within 72 hours (3 days) after you may have been exposed to HIV.** The sooner you start PEP, the better. Every hour counts!
- If your health care provider prescribes PEP, you'll need to take it daily for 28 days.
- PEP is effective in preventing HIV, but not 100%. Always use condoms with sex partners and use safe injection practices.



IS PEP RIGHT FOR YOU?

If you don't have HIV or don't know your HIV status, and in the last 72 hours you

- May have been exposed to HIV during sex (for example, if the condom broke),
- Shared needles, syringes, or other equipment to inject drugs, or
- Were sexually assaulted,



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CAN I TAKE PEP EVERY TIME I HAVE SEX WITHOUT A CONDOM?



- No. You should only use PEP in **emergency situations**.
- If you engage in behaviors that may increase your chances of getting HIV, talk to your health care provider about PrEP (pre-exposure prophylaxis).



** People are exposed to HIV by coming into contact with certain body fluids of a person with HIV, including blood, semen, and vaginal fluids. This usually happens through vaginal or anal sex or by sharing needles.*

Scan to learn more!

For more information, please visit www.cdc.gov/hiv.

