

START, CONTINUE AND STOP SAFELY

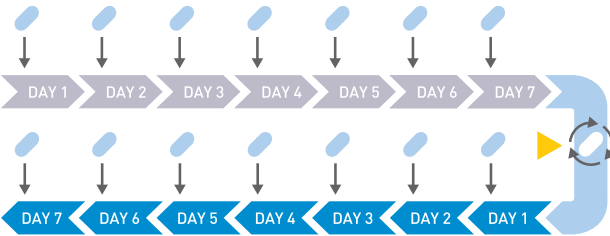
Everyone

Start: One tablet/day for seven days before the first sexual contact /injection.

Continue: One tablet/day, for each day you continue having sex /injecting.

Stop: One tablet/day for seven days after the day you last had sex /injected.

DAILY PrEP SCHEME



- PrEP - oral dose
■ Time taking PrEP before exposure
■ Protection time
■ Time taking PrEP after last exposure
▼ Potential sexual exposure
▼ Potential sexual exposure or injected consumption
↻ Continuously

CAPTION

People assigned male sex at birth

In this group of people, the PrEP regimen based on sexual events can be considered*

Start: 2 tablets 24 hours before the first sexual contact or no later than 2 hours before that contact.

Continue: 1 pill/ day for each day you continue to have sex.

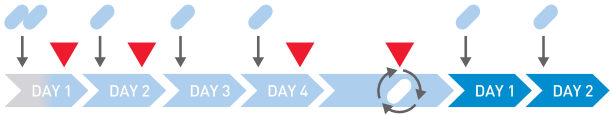
Stop: 1 pill/ day up to two days after the last day you had sex.

SEXUAL EVENTS-BASED PrEP SCHEME

Sex within 24 hours of taking the initial 2 pills



Sex beyond 24 hours after taking the initial 2 pills



RESUMING PrEP

When stopped less than seven days ago

One pill on the first day you resume.

When stopped more than seven days ago

Two tablets on the first day of resumption.

* To this date, the efficacy of this regimen has only been proven in people assigned male at birth, provided they are not taking oestradiol-based hormones.



There is a **treatment**
that can **prevent**
HIV infection

PrEP
PRE-EXPOSURE PROPHYLAXIS

WHAT IS PrEP?

PrEP is a treatment with antiretroviral drugs that prevents HIV infection. It is started before situations where there may be exposure to the virus.

When taken correctly, PrEP provides close to 100% protection against HIV, even when condoms are not used.

WHO BENEFITS MOST FROM TAKING PrEP?

PrEP is a prevention tool that can be used individually or combined with others, according to the risk and circumstances of each person. It is recommended to start PrEP if there have or may have:

- Inconsistent condom use;
 - with a sexual partner of unknown HIV status or who is living with HIV and is not on treatment,
 - and diagnosis of a sexually transmitted infection,
 - and recent use of post-exposure prophylaxis (PEP) and continued risk of HIV infection;
 - for the purpose of obtaining money, drugs or goods;
- Sex under the influence of psychoactive substances;
- Sharing material for injection.

WHAT IS DONE AT PrEP CONSULTATIONS

Consultations assess indications, contraindications, and risks associated with non-adherence to PrEP medication.

Laboratory tests associated with PrEP, include tests for HIV, other sexually transmitted infections kidney and liver function.

The frequency of these tests is established according to each person's risk factors and age.

Vaccination status for recommended immunization is also assessed and vaccines are prescribed to each person on a personalized or individual basis.

WHAT ARE THE POSSIBLE SIDE EFFECTS?

In the first few weeks, one in ten people experience side effects such as nausea, intestinal changes, headaches and tiredness. These effects usually disappear after two weeks, and long-lasting effects are rare.

Less than 3% of people experience a decrease in kidney function while taking PrEP, which usually does not progress and returns to normal after stopping.

HOW TO ACCESS PrEP IN PORTUGAL

HIV testing centers - Ask for PrEP during your HIV screening.

Healthcare centers - Request access to PrEP during your medical or nursing appointment.

Hospital - Ask for PrEP (1) at the outpatient clinic of hospitals that have this specialty, (2) after completing post-exposure prophylaxis (PEP) or (3) if your sexual partner has HIV infection, at their treatment appointment.

PrEP

FOR ALL PEOPLE AT RISK

ONLY PREVENTS HIV INFECTION

CONSISTS OF TAKING
ANTIRETROVIRAL DRUGS IN TABLETS

MAY HAVE SIDE EFFECTS

AVAILABLE AT MEDICAL APPOINTMENTS
IN A HOSPITAL OR COMMUNITY SETTING

TENDS TO BE FREE OF CHARGE

Reviewed by the GAT Health Coordination. The information in this leaflet is not intended to replace the information provided by healthcare professionals. Decisions related to prevention, diagnosis, and treatment should always be validated by healthcare professionals.

Promoter



Partners



EUROPE

