



AIDS
SOLIDARITY
MOVEMENT

C Y P R U S

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What is PrEP?

PrEP (Pre-Exposure Prophylaxis) is a preventive strategy using medications to protect HIV-negative people from contracting HIV. It's taken before possible exposure to stop HIV infection.

When taken correctly, PrEP reduces the risk of HIV transmission by over **99%**.

PrEP does not protect from other Sexually Transmitted Infections (STIs).

Combination Prevention: Combining it with condoms, lubricant, gloves, regular testing and other prevention methods can provide broader protection.

How does PrEP work?

There are different ways to take PrEP. Some of the most common are:

1. Daily use:

Suitable for everyone: cis/trans men/women and all people assigned male or female at birth. PrEP reaches its maximum protection after 7 days of continuous use.

How to take it:

- 1 pill per day

2. *On-Demand use:*

Works only for cis men, trans women and others assigned male at birth. This use is not recommended for cis women, trans men and others assigned female at birth.

How to take it (2-1-1)

- Take 2 pills 2–24 hours before sex
- Then take 1 pill 24 hours after the first dose
- Lastly, take 1 pill 48 hours after the first dose

Is PrEP for me?

PrEP is part of an inclusive approach to sexual health and wellbeing, promoting a positive and affirming attitude towards sex.

It's for all genders, sexualities, and lifestyles, especially for anyone who wants control over their HIV prevention.

*** PrEP does not interfere with hormone therapy.**



You may consider taking PrEP if you:

- Have condomless sex.
- Have sex with partners who refuse to use condoms.
- Were recently diagnosed with an STI.
- Have used PEP (Post Exposure Prophylaxis) repeatedly.
- Feel anxious about HIV and it affects your peace of mind.
- Have multiple sexual partners.
- Have sex with sexual partners of unknown HIV status or at perceived risk of contracting HIV.
- Are a sex worker or offer sex in exchange for money or goods.
- Have been or are exposed to sexual violence.
- Have a partner living with HIV, if not on treatment or with a detectable viral load. People with an undetectable viral load cannot transmit HIV, even without condoms or PrEP.
- Engage in chemsex or recreational substance use.
- Inject drugs or share injecting equipment. Although PrEP is highly effective in HIV transmission through sex, it can also decrease the possibility of contracting HIV through sharing needles. Further research is needed for this specific HIV transmission route.

Side effects & safety

- Most people experience no side effects.
- If side effects occur, they usually disappear within 1-2 weeks. These side effects may include abdominal pain, headaches or fatigue. If side effects persist, speak to your monitoring doctor.
- In rare cases, PrEP may affect kidney or liver function.

What should I do before I start taking PrEP?

Before starting PrEP, you need to:

- Test negative for HIV
- Take STI tests for syphilis, gonorrhoea, chlamydia, hepatitis B & C

What should I do while taking PrEP?

You need to take:

- An HIV test (every 3 months)
- STI tests for syphilis, gonorrhoea, chlamydia, hepatitis B & C (every 3 months)
- Kidney and liver function test (every 6 months)



If you miss a dose (for daily use):

- Do not take a double dose. Just take your next pill the next day.
- You should avoid missing PrEP for two days in a row.
- If you miss multiple doses, contact Cyprus PrEP Point or your monitoring doctor.

What if I want to stop taking PrEP?

Contact Cyprus PrEP Point or your monitoring doctor for guidance.

*** PrEP doesn't prevent other STIs**

*** Continue using condoms and test regularly for Gonorrhoea, Chlamydia, Syphilis, Hepatitis B & C and other STIs.**

What is the Cyprus PrEP Point?

The Cyprus PrEP Point is the Community Information and Empowerment Centre of the AIDS Solidarity Movement, regarding PrEP for HIV, run **for the community, by the community**. Our mission is to provide accurate information, guidance and support to anyone interested in or already using PrEP.

Please note that PrEP medication is not provided through the Cyprus PrEP Point.



Contact Us



AIDS Solidarity Movement

(Cy Checkpoint, Cyprus PrEP Point)



+357 99 607005



info@asmcyprus.org



asmcyprus.org



Supporters



European
AIDS Treatment
Group



Amplifying Community Voices for Prevention
Strategic Community HIV Prevention Empowerment

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