

HIV Prevention That Works for You.

PrEP Options to Fit Your Life.

What is PrEP?

PrEP (pre-exposure Propylaxis) is an effective medicine that can help prevent HIV. It also helps you embrace and enjoy your sexuality.

Is PrEP for me?

PrEP is for everyone—all sexual orientations, genders, identities, races and ethnicities. PrEP may be right for you if you test negative for HIV and have certain risk factors.

How do I get PrEP?

Talk to your health care provider about PrEP. If you don't have a health care provider, you can find one in the [NYS Department of Health AIDS Institute Provider Directory](#)

How do I pay for PrEP medications?

Medicaid and most insurance companies pay for PrEP. There are also financial assistance programs. [Payment Options for Adults and Adolescents for PrEP](#)

What are my PrEP Options?

You can take PrEP medications by mouth or by injection. Talk with your health care provider about your exposure risk. Together you will decide which PrEP option is best for you. You must weigh at least 77 pounds to take PrEP.

PrEP the Way that Works Best for You!			
Medication choices for (PrEP)*			
Truvada (TDF/FTC)	Descovy (TAF/FTC)	Apretude (Cab LA)	Yeztugo (SC LEN)
If your exposure is			
Sexual and/or you share needles for any reason	Sexual	Sexual	Sexual
How to take			
• 1 pill every day • On-demand options for cisgender men and transgender women • On-demand option with 1 additional day of medication is an option for vaginal intercourse	• 1 pill every day	• Optional 30-day oral pill to start • This medication is received via a muscle injection • Injections should be received 4 weeks apart for the first 2 doses and then every 2 months	• Must take 1 pill each day for the first 2 days • under-skin injections will be given every 6 months afterwards
Use with Gender-Affirming Hormones			
No significant interaction with hormones	No significant interaction with hormones	No significant interaction with hormones	Mild increase in levels is possible, but no dose adjustments are needed. Your health care provider will monitor and adjust doses as needed
Use with Oral Contraception*			
No interaction expected	No interaction expected	No interaction expected	May increase concentrations of birth control pills, but no dose adjustment needed

* NYS Law allows minors to consent to PrEP without parental/guardian involvement

* No dose adjustment of emergency contraception is needed for all PrEP regimen

To find out which form of PrEP is best for you, please speak to your health care provider.

For more information visit health.ny.gov/diseases/aids/general/prep/consumers



**Department
of Health**