

PrEP & PEP

ripplephx™

Ready, Set, PrEP!

PrEP is One-Pill-A-Day to prevent HIV!



PrEP reduces your risk of HIV from sex by about 99%.



You must be HIV-negative before you start PrEP.



PrEP does not prevent other sexually transmitted infections.



PrEP reaches maximum protection at 7 days of daily use for bottoms.



There are PrEP options for both cisgender and transgender individuals.

Types of PrEP

Daily PrEP: Truvada, Generic Truvada or Descovy once-a-day.

2-1-1 PrEP: 2 Truvada 2-24 hours before sex, then 1 pill each day until 2-days after the last sexual exposure. (Only studied with Truvada and cisgender gay/bi men.)

Injectable PrEP: Apretude was found to be more effective than daily TDF/FTC, a remarkable achievement given that the pills reduce the risk of HIV by around 99% if used consistently and correctly.



Paying

Insurance plans must fully cover a PrEP option under any plan. Valleywise also has a program that will cover PrEP for uninsured!

EXPOSED?



Get PEP! PEP, or post-exposure prophylaxis, is a short course of HIV medicines taken within 72 hours after a possible exposure to HIV to prevent the virus from taking hold in your body. PEP should be used for emergencies - not as an ongoing HIV prevention solution.