

# Are You PrEPared?



Regional  
HIV/AIDS  
Connection

One pill each day can prevent HIV acquisition!



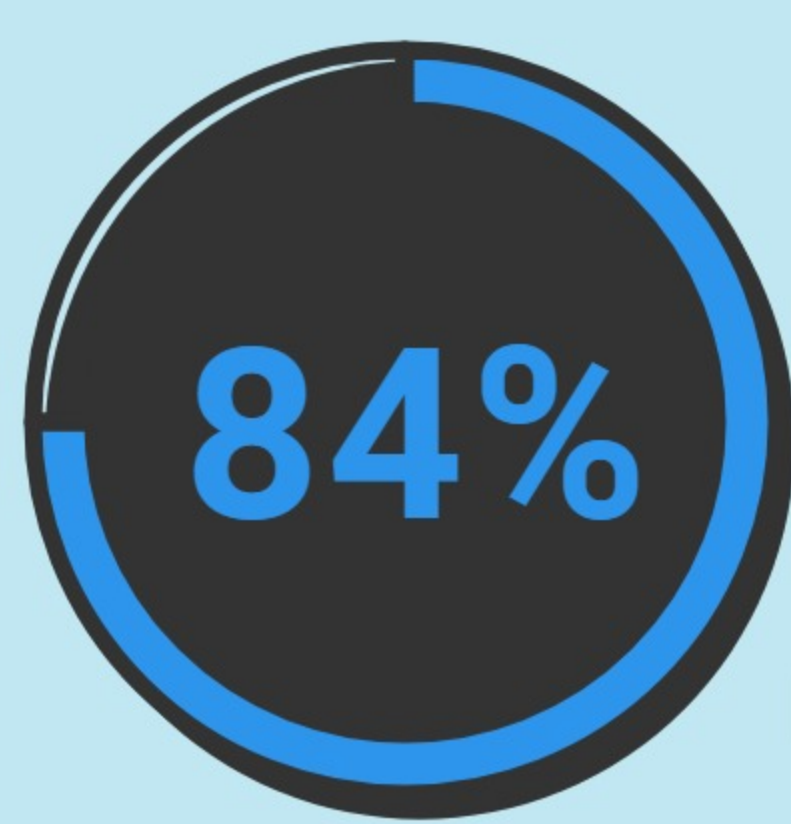
## What is PrEP?



PrEP stands for Pre-exposure Prophylaxis. It is a pill that can be taken once a day to prevent human immunodeficiency virus (HIV) acquisition, similar to how birth control can prevent pregnancy.

PrEP prevents HIV acquisition by stopping any HIV that manages to enter the body from making copies of itself. It does not prevent any sexually transmitted infections (STIs) other than HIV.

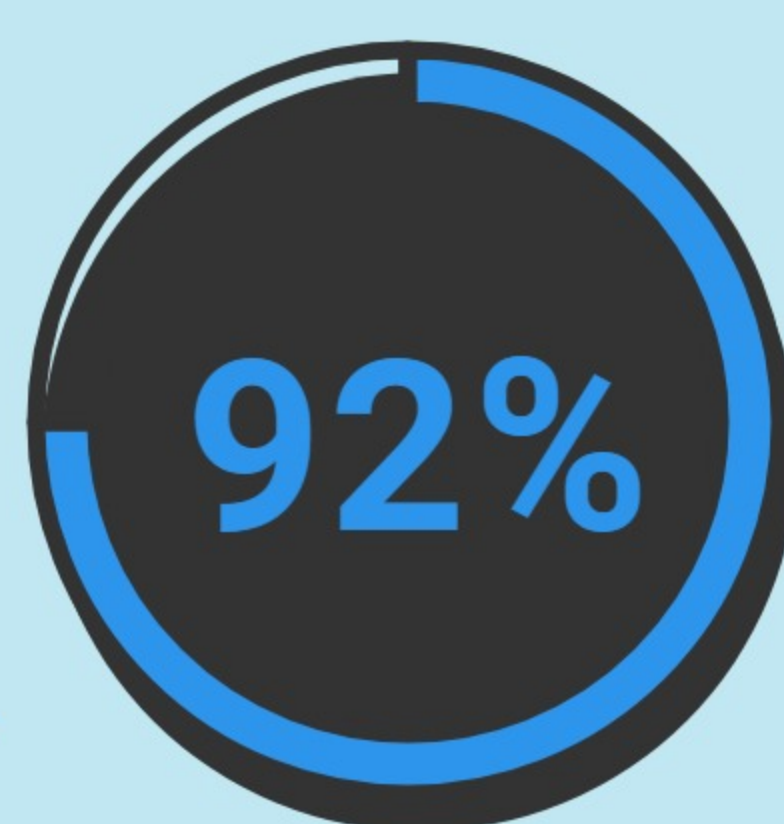
Currently, the medication approved for PrEP is emtricitabine (200mg), and tenofovir disoproxil fumarate (300mg), or the brand name, Truvada.



Studies have found PrEP to  
between 84-92% effective  
when taken every day

For more information, visit:

<http://www.catie.ca/en/fact-sheets/prevention/pre-exposure-prophylaxis-prep>



## Why PrEP?

### Anyone can benefit from PrEP



PrEP can be an option for anyone's safer sex toolkit, including people who are at increased systemic risk for HIV acquisition. This includes people who:

Prefer  
barebacking  
(condomless  
anal sex)

Use injection  
drugs and/or  
use drugs  
during sex

Prefer  
condomless  
vaginal/front  
hole sex



Are in a relationship  
where one or more  
people are HIV negative  
and one or more people  
are HIV positive



## How to get PrEP in London, Ontario



PrEP can be prescribed by any doctor or nurse practitioner. No specialist is needed.

You must be HIV negative to take PrEP; therefore, you will need an HIV test before taking PrEP. You will also need to be tested for HIV once every three months while you are on PrEP.



Here are some places where you can access PrEP in London:

### LONDON

Middlesex London  
Health Unit (MLHU)  
50 King Street  
519.663.5446

Infectious Diseases  
Care Program (IDCP)  
St. Joseph's Hospital,  
268 Grosvenor St, B3-  
030 (Central  
Registration Desk)  
519.646.6207

## Coverage for PrEP



PrEP might be covered by your workplace or university health insurance. Without insurance, the brand name, drug, Truvada, can cost approximately 1000\$ per month; generic brands can cost between 250-500\$ per month.

PrEP is available for coverage under the *Ontario Drug Benefit (ODB)* and the *Trillium Drug Plan (TDP)*. People who access the *Ontario Disability Support Program (ODSP)*, *Ontario Works (OW)*, and seniors are eligible for coverage.

PrEP is also covered for those with federal health insurance, such as members of the armed forces, Indigenous people (with status) and some refugees.

As of January 2018, PrEP will be covered for people under the age of 25 in Ontario under the Ontario Health Insurance Plan (OHIP+) program.

For more information, contact:

Regional HIV AIDS Connection

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London, ON

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519.434.1601