

# HIV PEP (Post Exposure Prophylaxis)

If you think you may have been exposed to HIV in the last 72 hours don't delay getting advice.

Talk to your local sexual health clinic on 01622 225713, or come to a walk in sexual health clinic or any Accident and Emergency Department straight away.

PEP can reduce your chance of becoming HIV-positive.

People are most often exposed to HIV by coming into contact with certain body fluids of a person with HIV, including blood, semen, and vaginal fluids. This usually happens through vaginal or anal sex or by sharing needles.

## What is PEP?

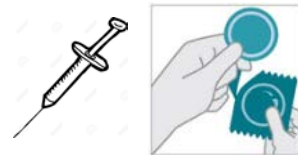
PEP, or post-exposure prophylaxis, means taking medicines after you may have been exposed to HIV to prevent becoming infected.

- PEP must be started within 72 hours (3 days) after you may have been exposed to HIV. But the sooner you start PEP, the better. Every hour counts!
- If your health care provider prescribes PEP, you'll need to take it once or twice daily for 28 days.
- PEP is effective in preventing HIV, but not 100%.
- Always use condoms with sex partners and use safe injection practices.

## Is PEP right for you?

If you're HIV-negative or don't know your HIV status, and in the last 72 hours have you:

- Been exposed to HIV during sex with someone at higher risk for HIV (for example, if you are a gay man and the condom broke during anal sex),
- Shared needles and works to prepare drugs ,
- Been sexually assaulted



Talk to your local sexual health clinic on 01622 225713, or come to a walk in sexual health clinic or Accident and Emergency Department about PEP straight away.

## Can I Take A Round Of PEP Every Time I Have Sex Without A Condom?

No. PEP should be used only in emergency situations.

If you are at very high risk for HIV, ask your local sexual health clinic about daily medicine to prevent HIV, called pre-exposure prophylaxis (PrEP) or [click here](#) for more information.