



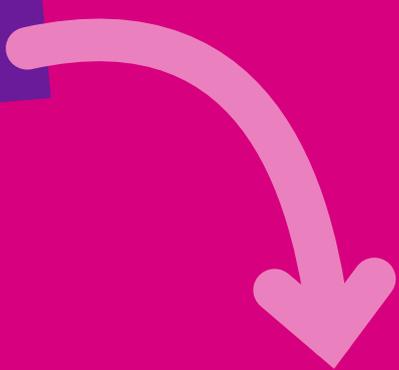
**What is PrEP?  
How does it work?**

**PrEP PROTECTS  
against HIV**

**Turn over to find out more!**



**Norfolk County Council**  
Public Health



# PrEP PROTECTS against HIV



## What is PrEP and how does it work?

PrEP (Pre-Exposure Prophylaxis) is a pill that helps prevent HIV transmission in people who are HIV-negative. It is highly effective and works by stopping the virus from entering your body and replicating (making more copies of itself). This means that even if you get exposed to the virus, PrEP can help keep you HIV-negative.

## Who can take PrEP and how do you take it?

PrEP is for HIV-negative individuals who want to protect themselves from HIV. It is most likely to benefit those who are at higher risk of HIV infection. PrEP comes in tablet form and contains two antiviral medicines: tenofovir and emtricitabine.

PrEP can be taken either regularly (daily dosing) or 'on demand' (event-based dosing). How you take it depends on your circumstances, how often you have sex and what type of sex you have. Your clinician will discuss the various options with you and advise on the most appropriate dosing for you.

## Where can you get PrEP?

You can get PrEP for free through an NHS sexual health clinic.

To find out more information on HIV and PrEP and where you can access support in Norfolk visit: :

[norfolk.gov.uk/HIVPrEP](https://norfolk.gov.uk/HIVPrEP)



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