

How do I get PrEP?

PrEP is available by prescription only. You will need to see a doctor who will help you decide whether PrEP is right for you.

How do I pay for PrEP?

If you have health insurance, call your insurance provider to ask about PrEP.

Most health insurance providers cover most or all PrEP costs.

If you have Medi-Cal or ACE, PrEP costs are fully covered. Call your doctor to set up an appointment. If you *do not have* a regular doctor, call the County Health System's Edison Clinic: 650-573-2385.

If you do not have health insurance, call the San Mateo County Health Coverage Unit: 650-616-2002.



How can I learn more about preventing HIV and STDs?



The only way to know if you are infected with HIV is to get tested. Knowing whether you are infected with HIV can help prevent others from becoming infected.

For confidential testing on demand, call the HIV testing van and set up an appointment to get tested:
(650) 619-9125.

For more information on PrEP, how to protect yourself from STDs, and health services in San Mateo County, visit:

www.smchealth.org/STD



COUNTY OF SAN MATEO
HEALTH SYSTEM

PrEP



A new way to
**Protect yourself
from HIV**

www.smchealth.org/STD

What is PrEP?

Pre-Exposure Prophylaxis is a way for people who do not have HIV to avoid becoming infected by taking a pill every day.

PrEP helps reduce the chances of becoming infected with HIV.



Is PrEP right for you?

PrEP could be right for you if you are HIV negative, and:

- You are in an ongoing sexual relationship with an HIV positive partner, or
- You do not always use condoms during anal sex, or
- You have recently been diagnosed with gonorrhea, chlamydia, or syphilis, or
- You inject drugs and share needles or works

You can follow your doctor's instructions by:

- Taking your pill every day
- Following up with your doctor every 3 months
- Using prevention methods such as condoms

Get the facts



- **Effectiveness:** PrEP is not 100% effective and does not protect against other STDs. Therefore, it should be combined with other prevention methods and regular STD testing.
- **Routine:** It's important to take PrEP every day. You must return to your doctor every 3 months for HIV testing, health monitoring, and prescription refills.
- **Side effects:** Most people have no side effects. However, some may experience minor side effects such as nausea or weight loss, which usually go away within a month.