## NAN SAFE STAY PREPID

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## WAYS TO PREVENT HIV WHEN YOU NEED IT

**PrEP every day** if you are currently HIV negative and concerned about exposure to the HIV virus. It's one pill a day and greatly reduces your HIV risk.

**PEP when you need it** if you are currently HIV negative and think you've been exposed to HIV. PEP blocks HIV before it infects your body, and you take it within 72 hours of exposure. PEP is a 28-day therapy.

**Protect** yourself from most STIs and unintended pregnancy by using condoms.

**Together,** PrEP and condoms will lower your risk of getting HIV.

Get tested for HIV before you start any medication.

EVERY DAY

PFP

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