

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.