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## WHAT IS PrEP AND HOW CAN YOU GET IT?

### WHAT IS PrEP?

PrEP stands for Pre-Exposure Prophylaxis. It is when a person who does not have HIV takes a tablet every day to stop them from getting HIV. If you take PrEP as your doctor says you will be protected from getting HIV.

### WHO IS PrEP FOR?

PrEP is for *sexually active people who do not have HIV* but are at 'higher risk' of getting HIV. PrEP is a very good way to stop people from getting HIV.

You are at 'higher risk' of getting HIV if:

- you are a man who has sex with other men
- you are heterosexual, and your partner has HIV (and is not taking HIV medication)
- you are a transgender person

If you think you are at higher risk of getting HIV, you should speak to your doctor or visit a sexual health clinic to talk about starting PrEP.

### HOW CAN I GET PrEP?

PrEP will be available through the Pharmaceutical Benefit Scheme (PBS) from 1 April 2018.

From this date people who have a current Medicare card you will be able to get PrEP from any chemist in Australia, with a prescription from a doctor.

### WHAT IF I DON'T HAVE A MEDICARE CARD?

If you don't have a Medicare card you can get PrEP from overseas through an online pharmacy. If you would like to get PrEP from overseas you will need a prescription from a doctor in Australia. You should speak to a doctor that understands sexual health and HIV.

If you would like to know more about getting PrEP without a Medicare card, go to AFAO's website here:

<https://www.afao.org.au/about-hiv/hiv-prevention/prep/>

### WILL MY DOCTOR BE ABLE TO PRESCRIBE PrEP?

Any doctor or general practitioner (GP) will be able to prescribe PrEP to an Australian resident with a current Medicare card. Not all doctors will understand who PrEP is for, or how to write a prescription for PrEP. It is important to talk to a doctor that understands sexual health and HIV.

## HOW OFTEN DO I NEED TO VISIT MY DOCTOR FOR AN HIV AND STI TEST?

Before your doctor gives you PrEP you will need to have a HIV test.

When you are taking PrEP, you will need to visit a doctor every three months to get another prescription. At the visit, your doctor will test you for HIV and other infections you can get from having sex (Sexually Transmissible Infections).

## WHAT IF I AM ALREADY INVOLVED IN A PrEP RESEARCH STUDY?

If you are already getting PrEP through a research study, it is important to talk to your doctor or nurse about how you will get PrEP through the PBS after 1 April 2018. You should continue to get PrEP through the research study until you are given more information.

## WHAT IF I STOP TAKING PrEP?

If you want to stop taking PrEP, you should visit your doctor to talk about how to stop taking PrEP without putting yourself at risk of getting HIV.

## MORE INFORMATION

ACT <http://www.aidsaction.org.au/news/232-act-access-to-prep.html>

NSW <https://www.mhahs.org.au>  
<https://endinghiv.org.au/stay-safe/prep/>  
<https://www.positivelife.org.au/>

Northern Territory <https://www.ntahc.org.au/node/557>

Queensland <https://quac.org.au/sexual-health/comeprepd/>  
<https://www.qpp.org.au/prevention-transforming-hiv/prep>

South Australia <https://www.samesh.org.au/prep.html>

Tasmania <http://www.tascahrd.org.au/about-prep>

Victoria <https://www.vac.org.au/hiv-aids/pre-exposure-prophylaxis-prep>  
<http://livingpositivevictoria.org.au/>

Western Australia <http://www.waids.com/hiv/where-to-get-prep.html>

AFAO <https://www.afao.org.au/about-hiv/hiv-prevention/prep>

ASHM <https://www.ashm.org.au/HIV/PrEP/>

To find your closest sexual health clinic go to this link: <https://www.racp.edu.au/fellows/resources/sexual-health-medicine-resources>