



PREP AND DRUGUSE

► MYTH

The PrEP medication ruins my high.

► NOT TRUE

Taking HIV medication has no effect on the intensity of the high.

However, as with all substance combinations, interactions are possible, but with the combination of TDF/FTC these are not known to occur with any of the conventional drugs.

SAFER USE & SAFER SEX MEASURES

Despite taking PrEP, **you should not completely forego harm reduction.** These reliably protect against the transmission of HIV, hepatitis C and other infections and also reduce the risk of abscess formation.

- Syringes should not be shared and sterile utensils should be used for each consumption procedure.
- Do not share accessories such as filters and spoons and always use new ones .
- Use lower-risk forms of consumption such as sniffing, smoking and anal application; also use your own mouthpieces and tubes.
- Use condoms and lubricants during sex.
- Get tested regularly and vaccinated against hepatitis A & B.



FURTHER INFORMATION

You can find more **information about PrEP** on the following websites:

aidshilfe.de/hiv-prep

saferuse-nrw.de

hiv-druginteractions.org/checker

IMPRESSUM

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AidshilfeNRW

PROTECTION AGAINST HIV: INFORMATION INSTEAD OF MYTHS

INFORMATION ABOUT HIV PREP FOR EVERYONE WHO NEEDS IT

WHAT IS PREP?

PrEP is the abbreviation for “pre-exposure prophylaxis”, = **prevention of possible HIV contact**. HIV-negative people take HIV medication to protect themselves from infection with HIV.

► MYTH

PrEP protects against all infectious diseases.

► NOT TRUE

PrEP **only protects against HIV**, not against Hepatitis C or sexually transmitted diseases. This means safer use and safer sex measures should still be implemented.

HOW DOES PREP WORK?

PrEP **stops HIV from multiplying**. PrEP can only protect against HIV **if the tablets are taken correctly**. PrEP is prescribed **to be taken daily**. **Occasion-related intake** is also possible.

► HINT

The substitution office can also issue the PrEP with the substitute on a daily basis. This way it cannot be forgotten, or get lost.

► MYTH

With PrEP I can share syringes without worry.

► NOT ENTIRELY TRUE

The active ingredients in the PrEP medication (tenofovir & emtricitabine) reach the mucous membranes and the blood, where they prevent the HI viruses from multiplying. HIV infection is prevented. PrEP also works when consumed intravenously. But there is only scientific experience **with long-term daily intake**. Safer use measures are more effective, have been researched more extensively and are therefore always to be preferred or used in addition.

WHO IS PREP RECOMMENDED FOR?

► MYTH

PrEP is only for gay men

► NOT TRUE

The German-Austrian PrEP guidelines recommend PrEP **for people aged 16 and over with an increased HIV risk**. This includes following Groups:

- **Partners of people with HIV** who are not taking HIV therapy, for whom HIV therapy is not working (rare) or for whom HIV therapy has not yet been effective for at least six months.
- **People who have sex without a condom with partners who are likely to have an undiagnosed HIV infection** (f.e. Men who have sex with men, Sexworkers and Drug-Users)
- **People who inject drugs and do not use sterile injection equipment.**

Sexuality (usually same-sex) and drugs are also consumed **in prison**. The protective materials are poor or non-existent. In addition, sexuality in prison is not always self-determined. It may therefore make sense for some people in Prisons to take PrEP as protection against HIV. However, fear of being “outed” often plays a role here. people in Prisons are entitled to the prep and data protection! Support in the event of discrimination or violation of (medical) confidentiality under: hiv-diskriminierung.de.

PrEP also makes sense for **sex workers**. Although they are not explicitly mentioned in the PrEP guidelines, they still fall into the group of people for whom PrEP is recommended. Sex workers are exposed to an increased risk of HIV due to frequently changing sexual partners, frequent numerous requests for sex without condoms and the risk of condoms breaking or being secretly removed during sex.

Anyone who has **chemsex**, i.e. the use (including intravenous) of drugs to enhance sexual performance and stimulation or sex under the influence of drugs, should also use PrEP to protect themselves from the transmission of HIV **through unprotected sex and shared consumer material**. Because the influence of drugs can promote risky behavior.

PrEP can also be induced for all other people who, in their own opinion, are at risk of HIV. People with vaginas should seek advice before vaginal sex in accordance with current studies on the different recommendations for taking PrEP.

HOW DO I GET PREP?

Doctors who offer PrEP can be found in all federal states via: aidshilfe.de/hiv-prep.

► MYTH

I have to pay for PrEP myself.

► NOT TRUE

Statutory health insurance companies cover the costs of PrEP and accompanying examinations for people with an increased risk of HIV. A new prescription can be issued as part of the three-monthly checks, also in Prison.