

SPOTLIGHT ON PREP AND PEP



PREP

PrEP stands for **pre-exposure prophylaxis**. This is a pill that is taken to prevent HIV infection from happening. PrEP should be taken consistently for people who are at risk for acquiring HIV. If taken correctly and consistently, PrEP is extremely effective at protecting a person against a new HIV infection.

PEP

PEP stands for **post-exposure prophylaxis**. This is a pill that is taken to prevent HIV infection from happening. PEP should be taken on an emergency basis only and within 72 hours of being potentially exposed to HIV. PEP is also very effective at preventing new HIV infection. Its effectiveness increases as it is taken closer to the time of possible exposure – so don't wait to get to an emergency room!

Uncommon Words You Might See Here

- Exposed/Exposure** when a person comes into contact with something
- Possible Exposure** when there is a chance that a person has come into contact with something
- Effective** how well a medical treatment works
- Risk** the likelihood of a particular event happening – usually used for negative events
- Transmission** the passing of an infection from one person to another
- Unprotected** when you don't take any measures to protect yourself from potentially negative consequences

PREP VS PEP

WHY TAKE IT?

PrEP is taken to prevent possible HIV infection before it happens

PEP is taken stop HIV from replicating after it may have already entered your body

WHEN IS IT TAKEN?

PrEP is taken **before** possible exposure to HIV

PEP is taken within 72 hours **after** possible exposure to HIV

WHO SHOULD TAKE IT?

People who are consistently exposed to HIV through sex or injection drug use

People who are infrequently exposed to HIV, perhaps even accidentally

HOW EFFECTIVE IS IT?

Consistent use of PrEP can reduce the risk of HIV by 74% - 99%

PEP can be up to 80% effective. The sooner it's taken, the better.

HOW DO YOU GET IT?

Certain healthcare workers prescribe PrEP. You can also get it online at gofreddie.com

An emergency room is the best place to go to get PEP. You can also attend a walk-in clinic

HOW MUCH DOES IT COST?

No cost to all residents in Saskatchewan

Covered for workplace injuries and **may** be covered in other cases

Roadmap Getting PrEP

Make an appointment with a PrEP prescriber (doctor or some nurses and pharmacists). At your appointment, you will get tested for HIV and STIs (PrEP is only available for people who don't have HIV).



Determine your risk for acquiring HIV based on the activities you participate in. You can use the section below to help you determine your risk.



PrEP is covered by insurance or under non-insured benefits in Saskatchewan. Double check the cost and coverage of PrEP.



If you are at high risk for acquiring HIV, speak to your health care provider (they may be able to prescribe it). If they can't they can refer you to someone who can.



Follow up with your PrEP provider every 3 months. They can keep your prescription going and ensure that the PrEP has been successful so far.



Follow your PrEP prescriber's instructions! This usually involves taking a PrEP pill every day.



Keep using condoms and not sharing drug using supplies to protect yourself from other infections.

HIV RISK

LOW/NO RISK



Indirect Transmission of Blood or Dried Blood. HIV only lives for a couple hours outside the body, so HIV requires direct blood to blood contact to be passed.



Cleaning Up Blood Spills. This poses very little risk, but it is best to be cautious and careful when cleaning up someone else's body fluids.



Blood Transfusions. All blood in the blood bank is now screened for HIV and Hep C.



Kissing. Only very intense kissing with possible blood swapping has any chance of passing HIV.



Blood Drawn in a Fight. This poses some risk as direct transmission of blood to blood, through scratches or broken skin, has the potential to pass HIV.



Accidental Needle Stick Injuries. Picking up needles requires you to be very careful in not touching the pointy end. PEP should be taken if you experience an injury.



Drug Pipe Sharing. Blood on a drug pipe would need to directly enter someone else cut in the lip to transmit HIV.

MODERATE RISK



Sharing piercing or tattoo needles. The trace amount of blood that would be on the piercing or tattoo needle would be passed to the second person.



Sharing injection needles. This one is especially risky as you pull up some blood when injecting which the second person would then inject directly into themselves.



Breastfeeding or Pregnancy. People who are pregnant should always get tested for HIV.



Unprotected Sex. Vaginal and oral sex both carry risk for passing HIV but anal sex carries the greatest risk – especially receptive (bottom) anal sex.

HIGH RISK

REDUCING YOUR HIV RISK



Get tested!



Don't inject drugs- try other ways instead



Use PrEP or PEP



Never share supplies used to do drugs



Use condoms and lube

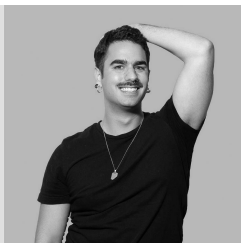


Avoid home or prison tattoos and piercings

If you live in SK, you may be eligible to get your PrEP for free through gofreddie.com

Get Your PrEP Online

freddie



<https://www.gofreddie.com>

Know Your Status Annual Survey

Win 1 of 3 \$100 prepaid Visa cards!!



The annual survey...

- ☒ Is for anyone who has previously heard of the Know Your Status program
- ☒ Should take less than 10 minutes to complete
- ☒ Is meant to let us know who our program is reaching & its strengths/weaknesses

The survey can be accessed by any internet browser by typing the following in search bar:

<https://forms.gle/1Ej4q1rzS53Yq45d9>

Let's Get Moving!

April weather can be unpredictable! Here's one indoor and one outdoor activity to get your blood pumping. If you want, they can technically both be played either inside or outside.

Balloon Tennis



What You'll Need:

- A Balloon
- String
- Swatters
- Two Chairs

Steps

1. Prop the chairs up about 6 – 10 ft apart (depending on space)
2. Tie the string from one chair to the other – this will be the net
3. Give each player a swatter – these can be spatulas, paper plates taped to sticks or any type of paddle you might have laying around
4. Make your own rules about how many chances a player can touch the balloon before they must get it over the net
5. Have fun!

Backyard Obstacle Course

What You'll Need:

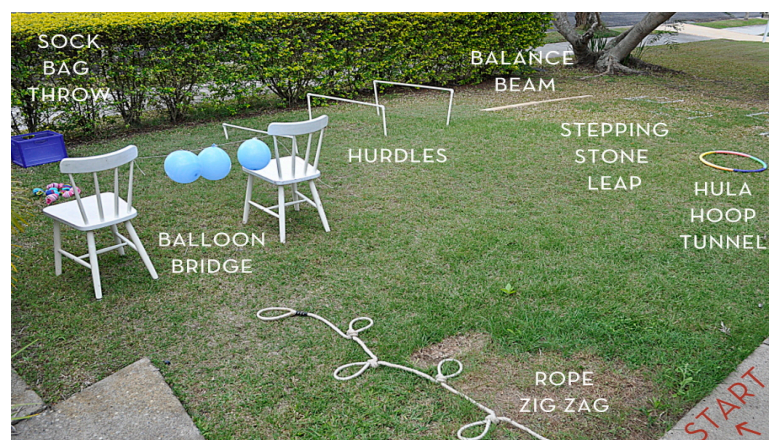
- Any and all objects that might be obstacles
- A creative imagination

Steps

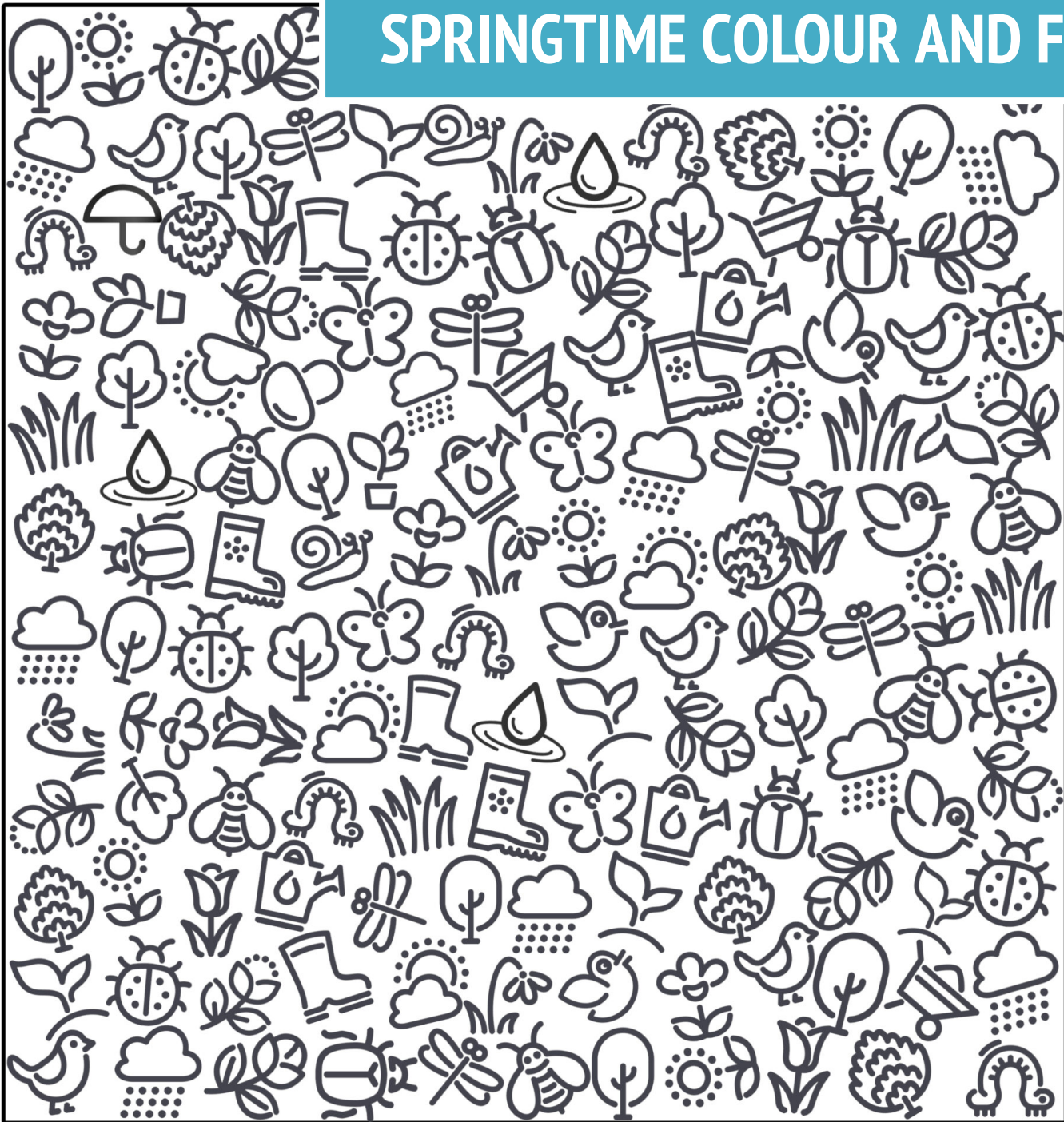
1. Set up the obstacles and come up with activities that must be done at each obstacle
2. That's it! Have fun!

Some Ideas

- Hop on to and off a stump
- Run around the muddy patch
- Do giant steps down the sidewalk
- Hop on one foot over a line of socks
- Take turns deciding what activities go along with each obstacle.



SPRINGTIME COLOUR AND FIND



2		5	
1		1	
3		6	
4		4	
7		5	
4		3	
5		6	
5		7	
3		6	
4		7	
4		7	
9		5	
5		4	
6		3	
7		2	

Use the legend to the right of the above picture to find and colour the correct number of each item.

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For regular contests, great resources and fun education, follow our social media pages!



Know Your Status



knowyourstatus.ca



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