

POP IT!

PrEP vs. PEP vs. doxy-PEP: HIV & STI Prevention Options



	PrEP Pre-Exposure Prophylaxis	PEP Post-Exposure Prophylaxis	doxy-PEP Doxycycline Post-Exposure Prophylaxis
What Is It?	PrEP is a once-daily pill that prevents HIV. You take PrEP BEFORE possible exposure to HIV.	PEP is emergency medication to prevent HIV and is taken 24-72 hours AFTER possible exposure to HIV.	Doxy-PEP* is an antibiotic that helps prevent the bacterial sexually transmitted infections (STIs) chlamydia, gonorrhea, and syphilis. You take doxy-PEP AFTER possible exposure to these STIs.
How Does It Work?	PrEP stops HIV from entering and spreading in your body.	PEP stops HIV from spreading in your body.	Doxy-PEP helps stop chlamydia, gonorrhea, and syphilis from spreading in your body.
Who Is It For?	People who are sexually active, no matter their gender or sexual orientation, and at risk of getting HIV. People who inject drugs and are at risk of getting HIV.	People who may have recently been exposed to HIV.	Men who have sex with men (MSM) and transgender women who have had a bacterial STI in the past.
How Do I Take It?	Start PrEP by taking it once daily. PrEP is effective after 7 days if the HIV risk is related to anal sex. PrEP is effective after 21 days if the HIV risk is related to vaginal sex.	PEP must be taken within 72 hours of possible exposure to HIV. The sooner the better! Once started, PEP must be continued every day for 28 days.	Doxy-PEP is prescribed as one dose (200 mg) taken immediately after sex, but no later than 72 hours after sex. The sooner you start doxy-PEP, the more likely it is to be effective!
How Effective Is It?	When taken as prescribed, PrEP is 99% effective at preventing HIV from sex. When taken as prescribed, PrEP is 90% effective at preventing HIV from injection drug use.	When taken as prescribed, PEP can reduce the risk of getting HIV by over 80%.	When taken as prescribed, doxy-PEP lowers the risk of chlamydia by 88% and gonorrhea and syphilis by over 50%. Doxy-PEP lowers the risk of these STIs by 58% in people living with HIV.

*Package your HIV and STI protection by using both PrEP and doxy-PEP responsibly.

Q Care Plus will only prescribe and deliver doxy-PEP at the same time as your initial PrEP or refill prescription.