Post Exposure Prophylaxis (PEP) for HIV Exposure

How do I reduce my chance of HIV infection?

What can I do after risky sex or needle sharing?
What is PEP?

**Post** means after

**Exposure** means to be in contact with HIV.

**Prophylaxis** means treatment that lowers your risk of becoming infected with HIV.

PEP is a medical service for people who have had a high risk exposure to HIV.

PEP is available to people who may have been exposed to HIV in the community. This may include:

- Sexual Exposure
- Exposure through injection drug use or sharing equipment
- Injuries like physical or sexual assault
- A needle-stick injury or other exposure while assisting a person with HIV

- PEP treatment should be started within 72 hours/3 days of the exposure.

- Your visit to consider PEP includes a discussion of possible exposure to other infections such as STDs and viral hepatitis

- PEP is not the best method to protect yourself against getting HIV. Using condoms consistently and correctly and using clean needles is the best prevention against HIV infection.
How does PEP work?

- PEP treatment involves taking HIV medications for 28 days.
- The earlier PEP medications are started, the more effective they may be.
- Side effects such as nausea, headache, or diarrhea are common when first starting PEP. Many of these symptoms get better over time, the longer you take the medicine.

### Estimated risk for getting HIV by type of exposure (per act)

<table>
<thead>
<tr>
<th>Exposure</th>
<th>Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Needle-sharing for injection drug use</td>
<td>67 per 10,000</td>
</tr>
<tr>
<td>Receptive anal sex</td>
<td>50 per 10,000</td>
</tr>
<tr>
<td>Accidental needle stick</td>
<td>30 per 10,000</td>
</tr>
<tr>
<td>Receptive vaginal sex</td>
<td>10 per 10,000</td>
</tr>
<tr>
<td>Insertive anal sex</td>
<td>5 to 6 per 10,000</td>
</tr>
<tr>
<td>Insertive vaginal sex</td>
<td>Less than 1 out of 10,000</td>
</tr>
<tr>
<td>Oral sex</td>
<td></td>
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</tbody>
</table>


PEP reduces the chance of infection in people exposed to HIV.

PEP is not a guarantee and it is not 100% effective.

Some people who take PEP medications still get infected with HIV.
Where can I get PEP?

If you have had a recent high risk exposure to HIV, contact the following public health professionals.

At **night and on the weekends**, visit your local emergency room or urgent care center or your primary care provider.

**Northwest NM**

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