

2 Pre-Exposure Prophylaxis (PrEP)

PrEP is an ARV medication taken daily by **HIV-negative people** who are at higher risk for getting HIV.

- free in Namibia
- lowers risk of infection by more than **90%**
- should be used in combination with condoms
- takes 20 days before a person is protected after starting

Who would benefit?

Sero-different couples	AGYW 16-24 years	Clients with STI's	Any HIV negative individual requesting PrEP
MSM	Pregnant women	Lactating women	
Sex workers	Transgender	High risk males (30-34)	

WHAT'S THE DIFFERENCE?

PrEP

VS

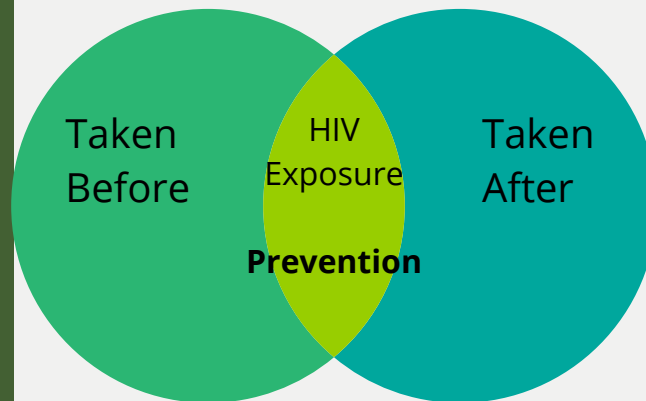
PEP

3 Post-Exposure Prophylaxis (PEP)

PEP is an ARV medication taken after exposure or potential exposure to HIV to prevent infection.

- free in Namibia
- must be started within 72 hours of suspected exposure and taken daily at the same time for 28 days

PrEP PEP



TESTING

The story does not end with prevention...

Knowing our status gives us **powerful** information that can help us keep **ourselves** and our **partners safe**.

Testing is the gateway to treatment. **We can still lead healthy, happy, and long lives with HIV.**

For pregnant mothers, testing ensures that our babies are born HIV-free.

In knowing our HIV status, we are **empowered** to make decisions about our right to health.



HIV PREVENTION

The power of knowledge

www.tonata.org

How is HIV transmitted?

1. Blood
2. Semen
3. Vaginal Fluid
4. Breastmilk

HIV/ AIDS HIV IS TRANSMITTED



Use of non-sterile syringes and tools



Pregnancy Breastfeeding



Blood Transfusion



Organ Transplant



Unprotected Sex

HIV IS NOT TRANSMITTED



Food, Drink, Utensils



Insect Bites



Kiss, Touch



Clothes, Towels



Toilet, Shower

HIV can be spread:

- during unprotected sex
- through the sharing of needles/sharps
- from mother to child during pregnancy, labour, and breast-feeding.

Let's Talk Healthy Sex Behavior

To make sex safer we can...

Reduce number of partners and build a stable relationship with one person.

- By reducing our sexual network, we reduce the chance of contracting HIV.

Practice abstinence. Be intimate without penetration or oral sex.

Use condoms every time we have sex. Condoms prevent HIV by stopping sexual fluids from being shared between sexual partners.



Biomedical Preventions?

Aside from behaviors we can practice on our own, let's learn about safe and effective options for HIV prevention at our local clinic...

① Voluntary Male Medical Circumcision (VMMC)

VMMC is the surgical removal of the foreskin from the penis, aka "the Smart Cut."

- this service is **free** in Namibia and can be accessed by boys 10 years and older
- reduces the risk of acquiring HIV in men by over **60%**
- best done **before** becoming sexually active
- should **ALWAYS** use other forms of protection during sex
- reduces risk of penile cancer and improves hygiene
- indirect protection against HIV for women, and reduced risk of HPV and cervical cancer

