



What You Need to Know About

Long-Acting HIV Prevention: **INJECTABLE PrEP (APRETUDE)**

What is PrEP?

- PrEP (short for Pre-Exposure Prophylaxis) is medicine you take before you are exposed to HIV to lower your chances of getting it
- Can be taken as a pill daily, called Truvada or injection every two months, called Apretude

When Should You Take PrEP?

- You can take PrEP if you have sex without condoms, use drugs, share supplies, had things happen without consent, or want extra protection from HIV
- PrEP gives you a way to protect yourself¹

What is Apretude?

- Apretude is the only injectable PrEP approved in Canada right now
- After first two shots (one month apart), you get one shot every two months. That means six shots every year
- It offers an effective alternative to taking a pill daily²

Note: PrEP does not protect against other STBBIs or pregnancy and safer sex practices can still help

Benefits of Injectable PrEP (Apretude):

- When taken regularly, injectable PrEP lowers your chance of getting HIV by about 99% from sex and 74% from using shared needles²
- **Tip: For remembering injections you can set reminders and link appointments to other health visits**
- PrEP can be used at different times in your life, whenever you need it⁵
- It is safe to take on hormone therapy, birth control or Methadone³

For knowledge of any side effects please speak to a health care provider

How to Get PrEP:

- You need a prescription from a nurse or a doctor
- Most insurance plans cover PrEP and many provincial programs cover the full cost or most of it, so cost should not be a barrier for most people
- If not covered can apply/look into provincial drug Benefit programs, the Non-Insured Health Benefits Program (NIHB), or Correctional Services Canada (CSC)⁴



REFERENCES

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