

Your PrEP Navigator at DAP Health

If you're interested in PrEP, contact a PrEP navigator at 760.656.8400.

You can also talk to any nurse or nurse practitioner during your visit if you want to discuss which PrEP may be right for you.

If you don't have health care insurance, or if you need financial assistance, a PrEP navigator can also explain your options, help you get access, and answer questions about finding a doctor or working with your pharmacy.

All PrEP visits and lab work done at DAP Health's Sexual Wellness Clinics in Palm Springs and Indio are free of charge to all patients.

You should be on PrEP for STI prevention if you:

- Are 18 years or older.
- Are sexually active (or soon planning to be).
- Are HIV negative and on PrEP to prevent HIV.
- Are HIV positive and on antiretroviral therapy (ART).

You should be on PrEP for HIV protection if you:

- Are 18 years or older.
- Are sexually active (or soon planning to be).
- Are HIV negative.



760.323.1999
daphealth.org

PrEP Pre-Exposure Prophylaxis

Lowering Your Risk
of HIV and STIs



Know All Your Options



What is PrEP?

PrEP (pre-exposure prophylaxis) is different medications that can lower your chances of getting HIV and certain other sexually transmitted infections (STIs).

PrEP for STI Prevention

Most commonly referred to as Doxy PrEP, doxycycline can be used daily to lower chances of becoming infected with chlamydia or syphilis. Some studies also show effectiveness in preventing gonorrhea.

Dosage is one 100mg tablet taken once daily. Doxy PrEP requires follow-up STI testing every three months.

PrEP for HIV Prevention

Administered orally in a single pill daily — or via a single injection every two months — PrEP can reduce your risk of contracting HIV.

Before starting PrEP, you'll need to get tested for HIV, STIs, kidney function, and Hepatitis B and C.

It takes at least one week on PrEP before you are protected for anal sex, and three weeks for vaginal sex.

According to the Centers for Disease Control (CDC), when taken as prescribed, PrEP reduces the risk of HIV infection from sexual activity by more than 99%, and by at least 74% for those who use intravenous drugs.

Oral PrEP for HIV Prevention

Two different oral medications are currently available: Truvada and Descovy.

Oral PrEP requires follow-up HIV, STI, and kidney function testing in a lab every three months.

Injectable PrEP for HIV Prevention

If you don't want to take medication every day, one injection of Apretude every two months can reduce your risk of contracting HIV.

Injectable PrEP is covered by Medi-Cal as well as by some Medicare and private insurance plans. However, some plans may require you to go through your primary care provider for injectable PrEP.



Possible Side Effects

All medications can have some side effects. Please talk to your provider before starting any medication.

Follow-up Visits

All PrEP options require follow-up visits with the clinical staff for STI testing and medication refills.