



Is PrEP for you?

PrEP can be a helpful for some women. There are many considerations that are unique to each person. For example, it could be considered by women who:

- Have multiple sex partners
- Have an HIV+ partner
- Do not always use condoms
- Use drugs and sometimes share equipment
- Are trying to get pregnant with an HIV+ partner

PrEP is a complex decision. Do research. Make the decision that is right for you.



Is there coverage for PrEP?

- PrEP is new in Ontario, so drug coverage is currently being reviewed
- Some private insurance plans (i.e. coverage through your work or that you purchase on your own) may cover some or all of the cost of Truvada as PrEP
- PrEP is covered for First Nations and recognized Inuit people through the Non-Insured Health Benefits Program
- If you are collecting ODSP or OW, PrEP is not currently covered (i.e. Ontario Drug Benefit)
- PrEP is very expensive for people who do not have insurance to cover it. It can cost between **\$800 - \$1000 per month**
- Community groups are advocating for public coverage. To find out more, visit **PrEPontario.org**



How can you start PrEP?

- If you are considering PrEP as an option, ask a local HIV organization for support. They can refer you to a doctor who prescribes PrEP. You can check out **whai.ca** to find an HIV organization near you.
- Visit a doctor you're comfortable with to ask if PrEP is right for you
- Be prepared to be tested for HIV, STIs, and other general health screenings before starting PrEP

"When women want to get pregnant, they are still fearful even if they are undetectable in their blood. They are still worried they can transmit to their partner. I think if PrEP were available, it would be beneficial for those women."

"Sometimes women want to protect themselves, and sometimes they might want to protect their partner."



What can you do?



LEARN

Learn about PrEP for women and get the latest developments and resources at **PrEPontario.org**.



TALK

Talk about PrEP with other women. It is important for women to be aware of PrEP as an option.



ADVOCATE

New information about PrEP and coverage updates are coming soon! Visit **PrEPontario.org** for the latest developments and resources.

Sign the petition to make PrEP accessible and affordable for all Ontarians at **PrEPontario.org**.



PrEP & Women

WHAT YOU NEED TO KNOW



August 2016



What is PrEP?



- It is a drug that HIV-negative people can take to prevent HIV infection
- PrEP is taken before being exposed to HIV
- The drug used for PrEP is called Truvada
- Truvada has been used to treat HIV for more than a decade
- PrEP is a way of protecting yourself if you're having sex with a person who is HIV+ or if their status is unknown.



Why is PrEP important for women?

- 1 Approximately 8,000 women in Ontario are currently living with HIV
- 2 Women continue to contract HIV
- 3 PrEP is effective at preventing HIV
- 4 It is important that women have options when choosing how to protect themselves from contracting HIV



NOTE:

Statistically, some women are at higher risk for contracting HIV including women from African, Caribbean and Black communities, Indigenous women, trans women and women who use drugs or who share drug use equipment.

"I see it being valuable for women in abusive relationships who may not know the status of their sexual partner and don't have the autonomy to negotiate safer sex."



Is PrEP effective for women?

90%+ Research has shown PrEP to be over 90% effective when taken consistently and correctly.



PrEP is most effective for women when taken every day.

20 Days

When starting PrEP, it needs to be taken for a minimum of 20 days to protect against HIV transmission in vaginal tissue and 7 days in rectal tissue. This means it takes longer to be effective for vaginal sex than anal sex.



PrEP does not prevent other sexually transmitted infections (STIs) or pregnancy.



Using PrEP and condoms together offers even greater protection from HIV as well as STIs and pregnancy.



Is PrEP safe?



PrEP is safe and has been approved by Health Canada.



Some people may experience side effects but they usually go away quickly. Ask a health care professional about what to expect.



PrEP requires medical appointments every three months. At these appointments, you will be tested for HIV and STIs, check in with your doctor about any side effects, and ensure you're doing okay while taking PrEP.



PrEP is still being researched for its use during pregnancy. Talk to a health care professional about what your options are.



For more information



FOR MORE INFORMATION

Contact your local Women & HIV/AIDS Initiative Coordinator.

Visit whai.ca for contact information.



REFERENCES

The information presented in this pamphlet was sourced in August 2016 from:

Ontario HIV Treatment Network
 Ontario HIV Epidemiology and Surveillance Initiative
 CATIE: Canada's Source for HIV and Hepatitis C information
 Patten S, Tan D, Luyombya H, Wilton J, Logie C, Kerr J, Tharao W, Ryan S (2016). ACB Service Provider Perceptions and Understanding of Biomedical Approaches to HIV Prevention.
 All quotes sourced from (Patten et al., 2016)