

# PrEP

for  
trans men



## Benefits of PrEP



PrEP is a **once daily pill** that gives **YOU** the power to control **YOUR** health and avoid getting HIV



PrEP is a way to **protect yourself against changing life situations**, including condom use or your partners' sexual practices and HIV status

## What you need to know



PrEP only works if taken **EVERY DAY**. For optimal protection against HIV, you will need to take it for at least **7 days** for receptive anal sex and **20 days** for vaginal sex, insertive anal sex, or if you inject drugs



You may have some minor stomach discomfort when you start PrEP. This usually goes away after the first month



At this time, no studies have shown drug interactions between PrEP and hormone therapy used for transitioning. The medicine used for PrEP has been around for over 10 years and has been successfully used by individuals taking it and hormone therapy without decreasing the effects of the pill or hormone therapy

## How do you access PrEP?



**The decision to go on PrEP is yours.** PrEP is not just a medication. PrEP is part of a program that connects you with a health care provider to develop a full approach to reducing your HIV risk



If you do not have a trusted health care provider, we can help you find one. Visit **[www.prepmaryland.org](http://www.prepmaryland.org)**



Search the App Store or Google Play for **PrEPme** to connect with a PrEP provider or talk with a PrEP navigator about finding a clinic or provider to get started. Call/text **888-788-PREP** to connect with a PrEP provider anywhere in Maryland



If you're concerned about the interactions between PrEP and your hormone therapy, we can help link you to a provider who is trained to understand your therapy and manage your PrEP accordingly



PrEP is covered by most insurance plans as well as Medicaid. There are also payment assistance programs available for people who are insured or uninsured

## What else can I do to protect myself?



Use Condoms



Use Lube



Get HIV Tested



Test & Treat STIs



Partner Testing



Partner Support



Avoid Substances



Use Clean Needles



Use PEP