

What is PrEP?

Pre-exposure prophylaxis (PrEP) is a powerful prevention option for people who are HIV-negative & at risk of getting HIV through sex. It's a single pill which contains two medicines that are used to treat HIV.

By taking one pill daily, combined with condoms & other prevention methods, PrEP has been shown to reduce the risk of HIV transmission.

Consider PrEP if you are:

- ◆ in an ongoing sexual relationship with an HIV-Positive partner
- ◆ not in a mutually monogamous sexual relationship
- ◆ gay or bisexual & have anal sex without using a condom
- ◆ gay or bisexual & diagnosed with an STD in the past 6 months
- ◆ heterosexual and do not use condoms during sex with partners who don't know their HIV status
- ◆ a sex worker
- ◆ injecting drugs & sharing needles or in drug treatment in past 6 months

For more information, please contact a Service Access Center near you:

**Batesville
Melbourne**
(870) 569-8104

**Bentonville
Berryville**
(479) 715-4745

Conway
(501) 499-6308

Fayetteville
(479) 571-2100

Fort Smith
(479) 782-2500

Hot Springs
(501) 627-1933

Jonesboro
(870) 932-0021

**Kensett
Searcy**
(501) 742-1216

Little Rock
(501) 455-2712

**Texarkana
Magnolia
El Dorado**
(870) 216-1223

**West Memphis
Brinkley**
(870) 400-0263

**White Hall
Pine Bluff**
(870) 247-7088

HIV Prevention



www.arcarehiv.com

This project is supported by the Health Resources & Services Administration (HRSA) of the U.S. Department of Health and Human Services under Ryan White Grants B and D, as well as an CDC Prevention grant awarded by the Arkansas Department of Health.

Content may not reflect the official position or policy of, nor should any endorsements be inferred, by HRSA, HHS, ADH, or the U.S. Government.

Call your local ARcare Clinic or Service Access Center to make an appointment for a PrEP consultation.

Know your risk. Know your status.

If you're concerned about HIV, it's good to know your options.

Because HIV is spread through body fluids, practicing safer sex habits—such as using latex or polyurethane condoms, getting tested regularly, and knowing the status of your partners—can be very effective.

Test results available in only 20 minutes



- ◆ No cost.
- ◆ No needles.
- ◆ No waiting for results.

Contact your local SAC to schedule a testing appointment.



Everyone should be tested for HIV at least once.

Each ARcare Service Access Center (SAC) offers HIV oral swab testing & counseling as well as a variety of prevention resources free to the public ranging from educational materials to name brand condoms.

Our case managers are trained to discuss the most accurate HIV prevention methods in a confidential environment. We can help you have peace of mind by understanding your risk & knowing your status.



How often should I get tested?

EVERYONE should be tested at least ONCE in their lifetime.

The need for further testing is based on personal choices & actions using this guide:

ONE Sex Partner: once a **year**

- ◆ mutually monogamous

ONE Sex Partner: every **6 months**

- ◆ partner uses injection drugs
- ◆ partner has other sexual partners
- ◆ partner is HIV+

HIV+ Sex Partner: every **3 to 6 months**

- ◆ partner is HIV+ and "Undetectable"

MULTIPLE Sex Partners: every **1 to 4 months**

- ◆ random hook-ups
- ◆ anonymous sex
- ◆ HIV+
- ◆ Shares injection drugs

MULTIPLE Sex Partners: every **4 to 6 months**

Shared Injection Drug Use every **4 months**