

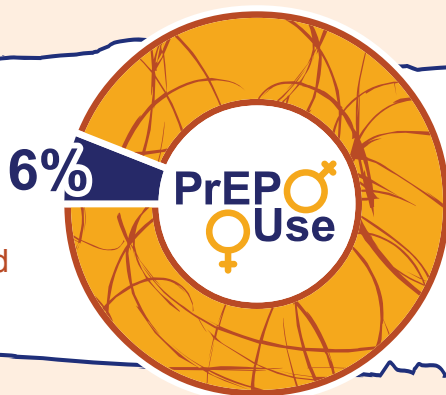
# PrEP is for Women!

## What is PrEP?

**Pre-Exposure Prophylaxis (PrEP)** is a medication that reduces the chance of getting HIV from sex by 99%<sup>1</sup>. PrEP reduces the chance of getting HIV from sharing injection drug equipment by 74%<sup>1</sup>.

## More women could benefit from PrEP.

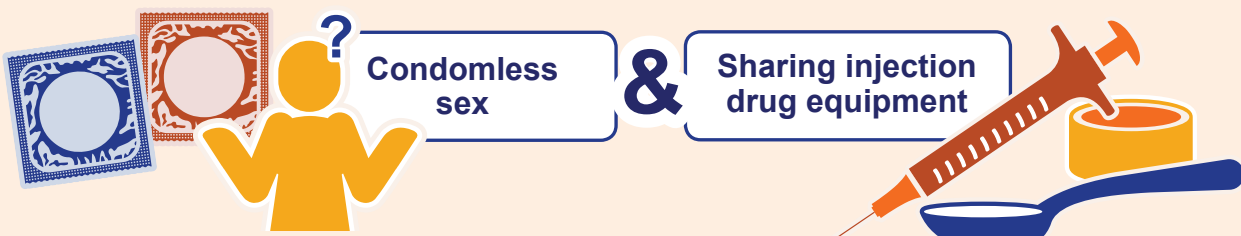
In 2023, only 6% of all PrEP users in California were female, despite the fact that women represented at least 13% of new HIV diagnoses in 2022<sup>2</sup>.



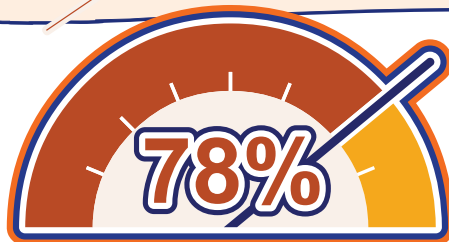
## How HIV Spreads

HIV is a virus that attacks the body's immune system. It is spread by contact with certain bodily fluids (blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, and breast milk) of a person who has HIV.

### Common HIV Transmission Modes:



One in six new HIV diagnoses in California are among women<sup>3</sup>



Most HIV diagnoses among women are from sexual contact<sup>3</sup>

## PrEP Facts

PrEP **prevents** sexual transmission of HIV.

PrEP is **covered** by most insurance plans, including Medi-Cal.

PrEP is **safe** to take during pregnancy and breastfeeding.

There are **no drug conflicts** between PrEP and hormone therapy.

**undetectable = untransmittable**



**Important to Know:** A person living with HIV, who is on treatment and maintains an **undetectable viral load**, has **ZERO risk of transmitting HIV** to their sexual partners<sup>4</sup>.

## Protect Your Sexual Health

- **Prevent HIV** by talking to your provider about PrEP.
- **Use protection** (condoms, dental dams, etc.).
- **Request regular STI screenings** including HIV, hepatitis C, and syphilis.
- **Complete treatments** for STIs.
- **Discuss testing** in relationships.
- **Get mammograms and pap smears**, as recommended.



← **More Information About Women, PrEP, and HIV**

**Acronyms:** HIV = human immunodeficiency virus; STI = sexually transmitted infection • **References:** <sup>1</sup>Centers for Disease Control and Prevention, PrEP; <sup>2</sup>AIDSvu.org; <sup>3</sup>California Department of Public Health, Office of AIDS, California HIV Surveillance Data 2022; <sup>4</sup>Centers for Disease Control and Prevention, U=U.

**This material was developed by the California Planning Group.**

