

PEP

Act Quickly...

...PEP is most effective within
12 hours of exposure to HIV
(the sooner the better!)

...you can't use PEP more than
72 hours after exposure to HIV

Treat PEP as the last resort...

...safer sex and safer injecting
are still the best ways to
prevent HIV infection

Most Effective within...

12 Hours

PositiveLifeSA

PEP available through:

Clinic 275

Adelaide (City) - 8222 5037

O'Brien Street General Practice

Adelaide (City) - 8231 4026

Riverside Family Medical Practice

Bedford Park - 8277 4399

Two One Five Melbourne Street

Medical Practice

North Adelaide - 8267 5599

Royal Adelaide Hospital (Emergency Dept)

(after hours when Clinic 275 closed)

Adelaide (city) - 8222 4000

Flinders Medical Centre (Emergency Dept)

Bedford Park - 8204 5511

For more info about PEP:

PEP Hotline - 1800 022 226

www.getpep.info - produced by
The Victorian AIDS Council & Gay Men's Health Centre

For more info about HIV:

(including how to access free condoms and clean needles)

Positive Life SA

1300 854 887 or 8293 3700

HIV Primary Care Coordination Program (RDNS)

1300 364 264

Gay Men's Health SA

8245 8100

Man2Man Info Line

8245 8112 (Metro)

1800 671 582 (Rural toll free)

Ineffective after...

72 Hours

p: 8293 3700
w: www.hivsa.org.au
e: reception@hivsa.org.au
a: 16 Malwa St, Glandore SA 5037
f: www.facebook.com/positivelifesa

Positive
LifeSA
OPPORTUNITY - EQUITY - ACCEPTANCE

OOPS! DON'T PANIC

Taken a HIV risk?

PEP

If you've been exposed to HIV,
PEP drugs may prevent infection.

24 Hour PEP Hotline
1800 022 226



What is PEP?

Post-Exposure Prophylaxis (PEP) is a medical treatment that could prevent you from being infected with HIV after exposure to the virus.

When to use PEP

We all take risks! Everyone makes mistakes. Sometimes things simply go wrong.

**Sex without a condom?
Condom broke or came off?
Shared injecting equipment?
You could be at risk of HIV**

Many HIV infections happen when **neither** partner knows they have HIV. Are you **confident** about your partner's HIV status?

If you think you may have been exposed to HIV...**don't panic!** Seek medical advice as soon as possible.

How PEP works

HIV can take several days to take hold. This "window period" allows a chance for PEP drugs to work.

The sooner PEP is started, the more likely it is to work.

PEP works best in the first 12 hours. It can be taken up to 72 hours after possible exposure to HIV. However, the longer you leave it, the less effective it becomes.

PEP drugs are taken daily for 1 month

PEP involves taking anti-retroviral treatments (ART). These are the same drugs used to treat HIV positive people. These drugs can have unpleasant side effects.

When deciding about treatment, you must weigh up the possible negative effects of the treatments against the risk of getting HIV. The nurse or doctor who can give you immediate PEP will ask for details of the risk you've been exposed to, to help assess whether you should take PEP.

Protect Yourself

In the end, you are responsible for your own health and safety. If you've been in a risky situation act fast to get advice on PEP.

PEP is not 100% effective

Whilst PEP works in most cases, it is possible to become infected with HIV even if you complete PEP treatment. That's why it's important to **treat PEP as a last resort.**

The best way to prevent HIV is to always

- **Have safer sex** (use condoms and water-based lubricant)
- **Use new injecting equipment** (especially needles but also syringes, filters, water, spoons, swabs and tourniquets)

If you think you may have been exposed to HIV, don't wait.

**Call the PEP Hotline
1800 022 226**

Most Effective within...

12 Hours

Ineffective after...

72 Hours