

**Pharmacy Emergency Post-Exposure
Prophylaxis for HIV Prevention**

**PEP
4 HIV
PREVENTION**

THE 4 POINTS OF PEP 4 HIV PREVENTION

1. If you had sex or shared a needle with someone who has HIV, or whose HIV status is unknown;
2. And, the exposure occurred within the last 72 hours;
3. A trained pharmacist in this pharmacy;
4. Can start you on medication to help protect you from HIV.



POINT 1

SEX OR NEEDLE SHARING BEHAVIORS CAN PUT YOU AT RISK FOR HIV

- Anal intercourse (sex) without a condom;
- Vaginal intercourse (sex) without a condom;
- Sharing a needle to inject drugs.

**For an estimate of the risk of getting HIV
from different behaviors, visit:**

www.cdc.gov/hiv/risk/estimates/riskbehaviors.html

If your only sexual partner is a person living with HIV who has had an undetectable viral load for at least six months, there is effectively no risk of getting HIV through sex.



POINT 2

IF THE EXPOSURE OCCURRED WITHIN THE LAST 72 HOURS

IF YOU START PEP WITHIN:

0-2 HOURS it gives you the best protection

2-36 HOURS it gives you very good protection

36-72 HOURS it gives less and less protection as time passes

AFTER 72 HOURS it is not recommended

If more than 72 hours has passed since the exposure, you can make an appointment with a health care provider or community organization to:

1. discuss your situation;
2. conduct HIV testing;
3. consider prevention options that may work best for you, including pre-exposure prophylaxis for HIV (PrEP).



POINT 3

A TRAINED PHARMACIST IN THIS PHARMACY

Since PEP must be started quickly, a pharmacy is a good place to come because:

- Pharmacies are often close by and open for extended hours;
- Pharmacies have the PEP medications in stock;
- Pharmacists are trained, caring people who can help you in a confidential way;
- If you are concerned about confidentiality, you can ask to speak to the pharmacist privately.



POINT 4

START YOU ON PEP MEDICATION

PEP can prevent HIV when the medicine is started as soon as possible and taken every day for 28 days.

If you decide to start PEP at the pharmacy, the pharmacist will work with you to arrange an appointment with a health care provider as soon as possible, within 1-3 days.

The health care provider will:

- 1. Assess your exposure to HIV;**
- 2. Offer you HIV testing;**
- 3. Make a decision about giving you a prescription to continue the medication for the full 28 days of HIV PEP;**
- 4. Assess your possible exposure to hepatitis B and C and address as needed;**
- 5. Counsel you about taking all the medication as prescribed.**

FOLLOW-UP CARE

INFORMATION ABOUT YOUR REFERRAL FOR FOLLOW-UP CARE

Name of health care provider or practice

Address of health care provider

Phone number

Date and Time of Appointment

PrEP

PRE-EXPOSURE PROPHYLAXIS (PrEP)

If you have successfully used PEP for a past exposure and you want to protect yourself from HIV in the future, you can consider Pre-Exposure Prophylaxis (PrEP). If HIV testing shows that you are not living with HIV, then PrEP is a prevention option for you.

LEARN MORE ABOUT PREP

www.prepforsex.org or

<http://www1.nyc.gov/site/doh/health/health-topics/prep-pep.page>

WHERE CAN I GET PREP?

Talk to your health care provider or:

Visit a New York City Sexual Health Clinic
(for NYS residents):

<https://a816-healthpsi.nyc.gov/NYCSiteLocator>

Check out the NYS PrEP Provider Directory
for providers in NYC and across the state:

<https://www.health.ny.gov/diseases/aids/general/prep>

HIV

WHAT IS HIV?

HIV (Human Immunodeficiency Virus) is a virus that is associated with AIDS. HIV attacks the body's defense system, known as the immune system. People living with HIV may have no symptoms for ten or more years. They may not even know they are living with the virus.

But, without treatment, most people living with HIV become unable to fight off germs and other viruses so they can become very sick. An HIV test is the only way to find out if a person has HIV. Treatment for HIV is very effective, has few or no side effects and may involve taking just one pill once a day. It is important to know your HIV status.

WHAT ARE THE WAYS THAT HIV CANNOT BE TRANSMITTED?

HIV is not passed by being near a person who is living with HIV. It cannot be passed to a person through a mosquito bite, sneezing, exposure to a person's saliva or sweat or by shaking hands.

HIV is not passed through kissing unless blood or gum sores are present, which only increases the risk slightly. Casual contact with a person living with HIV never passes the virus. This means you can never get HIV from another person by sharing eating utensils, drinking cups, toilet seats, swimming pools, hot tubs, or water fountains.

HIV TRANSMISSION

The body fluids that can pass HIV are blood, semen and vaginal fluids. HIV can be passed when blood, semen or vaginal fluids from a person living with HIV gets into the bloodstream of another person. These body fluids are present during sexual activity. The risk of transmission depends on the type of sexual behavior.

Things that decrease risk: If your partner is a person living with HIV and has an undetectable viral load for 6 months or more, the risk of passing HIV through sex is negligible.

Things that increase risk: Presence of blood
Either partner having an STD

Sexual Activity: Oral Sex
Description: A person puts his or her mouth on another person's genitals
Level of Risk: No risk or low risk of passing HIV

Sexual Activity: Vaginal intercourse
Description: A person with a penis puts the penis inside a woman's vagina
Level of Risk: Medium risk activity for passing HIV

Sexual Activity: Anal intercourse
Description: A person with a penis puts the penis into the anus of another man or woman
Level of Risk: High risk for passing HIV

HIV TRANSMISSION

MOTHER TO CHILD TRANSMISSION:

- HIV can also be passed from a mother to her baby during pregnancy, delivery or breastfeeding;
- HIV treatment greatly reduces the chance of a woman passing HIV to her baby;
- If you are pregnant or may become pregnant, it is important to get an HIV test as early as possible in the pregnancy and again in the third trimester;
- PEP medication can be taken if you are pregnant;
- If you are living with HIV, you can take medication to treat your HIV and to prevent passing the virus to your baby. You would take medication during pregnancy and while you are giving birth. Your baby would get medication for the first weeks of life.

AVOIDING HIV INFECTION THROUGH SEXUAL BEHAVIOR

If your only sexual partner is a person living with HIV who has an undetectable viral load for at least six months there is effectively no risk of getting HIV through sex.

If you are not aware of your sexual partner's HIV status, you can protect yourself from HIV by:

- **Avoiding vaginal or anal intercourse.**
- **Practicing mutual monogamy where both partners have been tested and know they are both HIV negative and are not having sex with anyone else.**

Here are other choices that some people make to avoid HIV infection. These approaches offer a very high level of protection:

- **Condoms:** Using a male or female condom consistently and correctly every time you have sex provides protection against HIV and other sexually transmitted infections.
- **Pre-Exposure Prophylaxis (PrEP):** A medication for people who are not living with HIV taken once a day to prevent HIV. When taken consistently, PrEP has been shown to reduce the risk of HIV infection through sex by 92-99%. Using condoms along with PrEP provides protection against HIV and other sexually transmitted infections.

AVOIDING HIV INFECTION THROUGH SEXUAL BEHAVIOR

- **Oral Sex:** Only having oral sex (giving or receiving) is considered a very low-risk activity for HIV infection.

There are important ways to reduce the risk of HIV infection. These are considered harm reduction strategies, because there is still a risk of getting HIV if a partner is living with the HIV and is not virally suppressed.

- **Use of lubrication:** Extra lubrication, like KY jelly, can reduce the chance of cuts and tears in the skin or mucus membranes of the penis, rectum or vagina. This reduces the chance of blood being present and reduces the ability of HIV to enter the body.
- **Frequent STD screening and treatment:** A sore or inflammation from a sexually transmitted infection may allow HIV to enter the body of a person who does not have HIV, when it typically would have been stopped by intact skin. For people living with HIV, having a sexually transmitted infection can increase the chance of passing the HIV s to others.

CONDOMS FREE OF CHARGE

NYS Condom Access Program: The NYSDOH makes free condoms available to eligible organizations which provide them to the public. For information about nearby organizations visit: www.health.ny.gov/diseases/aids/consumers/condoms/nyscondom.htm or send an e-mail to: nyscondom@health.ny.gov. Call or visit the organization to learn about how to get condoms and how many they provide at a time.

New York City: NYC Condom: Free male condoms, female condoms and lube. For more information, dial 311 or visit www1.nyc.gov/site/doh/health/health-topics/condom.page

Condom Access in Schools: School districts may make condoms available to students as part of their district's HIV/AIDS instruction program. The New York State Education Department (NYSED) has established a process and an assessment rubric www.p12.nysed.gov/sss/documents/NYSED-CAP-update.4.25.14.pdf for the establishment of a Condom Availability Program (CAP), which should be completed and forwarded to NYSED for review and approval. Following approval, school districts can then request condoms from the NYS Condom program available at www.health.ny.gov/diseases/aids/consumers/condoms/nyscondom.htm.

CONDOMS FREE OF CHARGE

Condoms are also being distributed through the: Statewide Hotline: 800-541-2437, or the HIV Counseling Hotline: 800-872-2777.

Currently, their policy is to restrict orders to a maximum of 10 condoms per call. A person must be at least 18 years of age and have a New York State address. This policy could change due to demand and availability of condoms.

Medicaid will also cover the cost of condoms. Your health care provider can write a prescription for them if you ask.

You can also buy condoms at grocery stores, drugstores and online.

AVOIDING HIV INFECTION THROUGH DRUG USE

SUBSTANCE USE TRANSMISSION

Sharing needles and works during injection drug use is a high-risk behavior for passing HIV from one person to another. Since blood may be present in the needle, syringe, cooker or water used during injecting, HIV can be easily passed when people share any of these items.

AVOIDING HIV INFECTION

People who use drugs should always use new needles, syringes, and works and avoid sharing them. Injection drug users are encouraged to use a new, sterile syringe each time to prevent HIV.

There are three ways to get new, clean needles and syringes in New York State:

- 1. At a drug store:** In New York State, the Expanded Syringe Access Program (ESAP) allows registered pharmacies to sell up to ten syringes at a time, without a prescription, to adults 18 years or older. To find ESAP pharmacies, and for answers to questions about HIV/AIDS and safe syringe and needle disposal, call the New York State HIV/AIDS Hotline at 1-800-541-AIDS (English) or 1-800-233-7432 (Spanish).

AVOIDING HIV INFECTION THROUGH DRUG USE

To find pharmacies that participate in the ESAP Program, visit:

www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/esap/provdirect.htm

2. At a Syringe Exchange Program (SEP), also called Needle Exchange Programs:

SEPs are places where people who use drugs can access a wide range of services including exchanging used syringes for new, clean syringes. SEPs are located in many areas of New York State.

To find an SEP in your area, visit:

www.health.ny.gov/diseases/aids/providers/prevention/harm_reduction/needles_syringes/

Call the New York State HIV/AIDS Hotline at 1-800-541-AIDS (English) or 1-800-233-7432 (Spanish).

- 3. From your doctor:** Under ESAP, health care facilities as well as doctors and other health care providers can prescribe syringes and provide syringes without a prescription. Talk to your doctor about ways you can get access to clean needles and syringes.

If getting new equipment is not a possibility, people who inject drugs can lower the risk of HIV transmission by cleaning needles and works with bleach immediately after use and just before reuse.

DIRECTIONS FOR CLEANING A NEEDLE AND SYRINGE WITH BLEACH & WATER

If you are unable to obtain a new syringe, careful cleaning may reduce your risk of getting HIV and other blood-borne diseases.

- 1. Fill the syringe and rinse the needle with clean water to remove all the blood. Squirt out water.**
- 2. Fill the syringe with full strength bleach and shake; after 30 seconds, squirt it out through the needle.**
- 3. Fill the syringe and rinse the needle with clean water to remove the bleach. Squirt out water.**

Remember to use new, clean water and separate water containers for each of steps 1–3.

Don't use hot water for cleaning as it can cause blood to clot and make it hard to clean.

KNOW THE SIGNS OF EARLY HIV

It can be helpful to be aware of the early signs and symptoms of HIV infection. These symptoms can begin two to four weeks after you are infected with HIV. Symptoms can last for just a few days or weeks. Many people who become infected with HIV experience these symptoms but not everyone.

The symptoms to look for are: sore throat, swollen glands, fever, rash, joint and muscle aches, diarrhea, tired feeling, tonsillitis or mouth sores. Here is how to tell the difference between the flu and early HIV:

- The flu includes coughing, sneezing and nasal congestion which does not occur with early HIV.
- Early HIV includes rash and mouth sores which do not usually occur with the flu.

If you think you are experiencing signs and symptoms of early HIV, see a health care provider as soon as possible.

RESOURCES TO LEARN MORE ABOUT HIV

New York State Department of Health

www.health.ny.gov/diseases/aids/consumers/hiv_basics/index.htm

New York City Department of Health

www1.nyc.gov/site/doh/health/health-topics/aids-hiv.page

Centers for Disease Control and Prevention

www.cdc.gov/hiv/basics/index.html

