



Protect Yourself from HIV: Know Your Prevention Options

HIV prevention has advanced significantly in recent years, giving us more tools to stay safe and healthy. Whether you're looking for daily prevention or options for occasional protection, there are solutions available. Three of the most effective measures to prevent HIV transmission are PrEP, condoms, and Doxy Prep. Here's how they work:



1. PrEP (Pre-exposure Prophylaxis)

PrEP is a daily pill that significantly reduces the risk of HIV transmission for individuals at higher risk. By taking it consistently, PrEP can reduce the risk of HIV by 99% through sexual transmission and 74% for people who inject drugs. It's a powerful tool in HIV prevention and an excellent option for those who are HIV-negative and at risk.

2. Condoms

Condoms are a well-known and widely accessible method to protect against HIV and other sexually transmitted infections (STIs). When used correctly and consistently, condoms are highly effective in preventing HIV. They create a physical barrier that stops bodily fluids from passing between partners, making them a reliable and affordable option for everyone.

3. Doxy PrEP

Doxy Prep (Doxycycline post-exposure prophylaxis) is an emerging tool in the prevention of HIV and other bacterial STIs like chlamydia and syphilis. This approach involves taking a doxycycline antibiotic after sex to reduce the chances of contracting these infections. While not yet a standard preventive measure for HIV, ongoing research suggests that it can be a helpful addition to other methods like condoms or PrEP for individuals with higher risk profiles.

**Get connected with resources
in your area!
visit www.endhivnj.org**