

## PrEP is Free in BC

---

- PrEP is covered for free in BC for folks who qualify as high risk.

## Don't live in BC?

- First Nations, Inuit or Métis with status, have full federal funding for PrEP through FNHA.
- A few extended health insurance packages provide limited coverage for PrEP.
- Some folks are accessing a generic version of PrEP online and traveling to the U.S. to pick up the medication for ~\$65 a month. Visit: [daviebuyersclub.wordpress.com](http://daviebuyersclub.wordpress.com)



## AVI Health and Community Services

where harm reduction works

---

Health Promotion Educators

**Calls: 1-800-665-2437**

**Text: 250-812-2670**

**Marshall.Kilduff@avi.org**

AVI offers harm reduction services, health promotion programming, and a positive wellness program for people living with Hep C and/or H.I.V.

**We have offices in Victoria, Langford, Nanaimo, Courtenay and Campbell River. For more info, visit [www.avi.org](http://www.avi.org)**

# Are You PrEP'd?

---

**PrEP:**  
*A Daily Pill that Helps Protect Against H.I.V.*

---



## What is PrEP?

---

- PrEP stands for pre-exposure prophylaxis. It is a medication that HIV - people can take to reduce their risk of becoming HIV +
- Currently, in Canada, the most common form of PrEP available is Truvada - one pill daily which combines two types of modern anti-retrovirals. This medication is also used by people living with HIV to fight the virus and stay healthy.
- Taking this medication daily allows HIV - people to build up consistent levels of anti-HIV medication in their blood and tissues to protect them from HIV.

## What PrEP Is Not:

---

- PrEP provides no protection against other STI's like Chlamydia, Gonorrhoea or Syphilis, which can be spread more easily than HIV. It is important to have regular testing for STI's. Remember, all STI's are treatable, most are curable and the consistent use of condoms remains a highly effective practice.
- PrEP is not to be pursued as a crisis response. However, starting similar medications (known as PEP, or post-exposure prophylaxis) within 72 hours of a potential exposure to HIV can significantly reduce the risk of becoming HIV positive. To access PEP, go straight to the nearest emergency room or contact AVI or a Sexual Health Clinic for support.

## Getting a Prescription

---

- Taking PrEP requires frequent visits to the doctor and testing.
- If you have a family doctor that you are comfortable speaking with, they may be able to prescribe PrEP. Some doctors are not aware of PrEP, so you may need to advocate for yourself. There are guidelines for the PrEP prescription process on the BC Center for Excellence in HIV/AIDS website.
- You can also get it through sexual health clinics around Greater Victoria, like AVI Westshore Clinic on Jacklin, Cool Aid Clinic on Johnson, Island Sexual Health on Quadra, and the Sexual Health Unit on Cook.