



Effectiveness/Efficacy of PrEP When You Miss a Dose



Sex Adds to the Spice of Life! Go Ahead and Cultivate your Garden of Love ... But Remember to Use PrEP!

What is PrEP and Why Does “Efficacy” Matter?

Pre-exposure prophylaxis (PrEP) is a highly effective medication used to prevent the transmission of HIV. When taken consistently, PrEP can reduce the risk of acquiring HIV by over 90%. But what happens if you miss a dose? Understanding the efficacy of PrEP—and how missing doses can affect its protection—is crucial for making sure the medication works as it should. This guide will explain what the efficacy of PrEP means, how it works, and the impact of missing a dose on your HIV protection.

Think of PrEP Like a Fence Around Your Garden

Picture PrEP as the protective fence around your garden, keeping out harmful pests that could damage your plants. Just like a garden needs consistent protection to thrive, PrEP works best when you take it regularly. Skipping a dose is like leaving a gap in your garden’s fence—inviting unwanted invaders like weeds or insects to creep in and cause trouble.

Some people are great at sticking to a routine, tending to their garden every day. But for others, remembering to take PrEP daily can be a challenge. If this sounds like you, don't worry—***you have options!*** **Talk with your healthcare provider to explore solutions that work for you, like different medication schedules or longer-acting forms of PrEP.**

Seeds for a Healthy Future

When you take PrEP as directed, you're investing in your health—protecting your “garden of love” so it stays vibrant, safe, and full of passion. Think of it as planning for the future where your relationships grow and blossom safely. By finding the right routine for you, you can enjoy the rewards of your efforts—healthy, thriving relationships, free from worry about HIV. If remembering to take a PrEP pill every day is too difficult, talk to your doctors about other options, which may include injections or shots taken once a month or every 2 months. In the future, new options may become available that require less frequent injections, including one option in development that would require an injection every six months or even once a year.

When We Talk About Efficacy...

When we talk about the efficacy of PrEP, we mean how well it prevents HIV when taken as directed. The higher the efficacy, the better it works to protect you. Taking your medication regularly is **key** to maintaining its effectiveness.

Additional Resources for PrEP Support

- Find a healthcare provider to prescribe PrEP at: preplocator.org
- Learn more about how to protect yourself with CDC's HIV Risk Reduction Tool at: hivrisk.cdc.gov
- For more information, visit: cdc.gov/StopHIVTogether and cdc.gov/stophivtogether/hiv-prevention/prep.html

With the right knowledge, tools, and support, you can make sure PrEP continues to work as your shield, so you can live life to the fullest—without fear.

Remember: You're Not Alone in This!

PrEP is a powerful tool in the fight against HIV, and **you have your healthcare provider** on your side. If you have any questions or concerns after your visit, don't hesitate to reach out. Your health is your power, and staying informed will help you protect it.



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