

HIV and STI Prevention Options

Intervention	What is it?	Image	Type	Prevents	Who does this work for?*	How does it work?	How do I use it?	Where can I get it?	Note
HIV PrEP (Pre-Exposure Prophylaxis)	Truvada (Emtricitabine/tenofovir disoproxil fumarate) OR Descovy (Emtricitabine/tenofovir alafenamide)** OR Apretude (Cabotegravir)***	  	Oral (pill) Oral (pill) Long-Acting Injectable	HIV	Anyone who is HIV-, sexually active, and/or uses injection drugs, and wants protection against contracting HIV.	Helps slow down or stop the HIV virus from replicating, and therefore, infecting the body.	Daily pill On-demand "211" pill (Truvada only) Injection	GetPrEPLA.com, DPH Sexual Health Clinics, or your provider	Recommended HIV/STI screening every 3-4 months.
HIV PEP (Post-Exposure Prophylaxis)	Truvada & Isentress (Emtricitabine/tenofovir disoproxil fumarate & raltegravir) OR Truvada & Tivicay (Emtricitabine/tenofovir disoproxil fumarate & dolutegravir)	 	Oral (pill)	HIV	Anyone who is HIV- and has had a recent possible exposure to HIV (within 72 hours).	Helps slow down or stop the HIV virus from replicating, and therefore, infecting the body.	28 days of antiretroviral HIV drug therapy.	GetPrEPLA.com, DPH Sexual Health Clinics, or your provider	You must start PEP within 72 hours of exposure. The sooner you begin treatment, the more effective it will be. You will need follow up HIV testing at 6 and 12 weeks.
DoxyPEP (Post-Exposure Prophylaxis)	Doxycycline		Oral (pill)	Chlamydia, gonorrhea, and/or syphilis	Consider if exposed to chlamydia, gonorrhea, and/or syphilis. Recommend to men who have sex with men and transgender women. Shared decision making with cisgender women and transgender men.	Helps prevent the STI from spreading to your system and causing illness.	Two 100mg pills taken no later than 72 hours after exposure.	GetPrEPLA.com, DPH Sexual Health Clinics, or your provider	You must start DoxyPEP within 72 hours of exposure. The sooner you take it, the better, ideally within 24 hours.
Barriers / Condoms	Latex Polyurethane	  	External condom Internal Condom**** Dental Dam****	HIV Chlamydia, gonorrhea, and/or syphilis	Anyone wanting to prevent HIV or STIs.	Creates a nearly non-permeable barrier where most viruses and bacteria can't penetrate.	Can be used for penetrative anal or vaginal sex, as well as oral sex.	<i>Free condoms:</i> DPH Sexual Health Clinics, HIV testing sites, or LACondom.com (agencies only) Can be purchased at pharmacies and supermarkets	Can be used in combination with other HIV and STI prevention options. Do not use expired barriers/condoms
Lubricants	Water-based Silicone-based		Water Silicone	Helps reduce friction / irritation, which can facilitate HIV/STI infection.	Anyone wanting to prevent HIV or STIs.	Helps prevent friction while having intercourse.	Either with or without condoms, for penetrative anal or vaginal sex.	Available at pharmacies and supermarkets for purchase	Can be used in combination with other HIV and STI prevention options. Oil-based lubricant can damage latex barriers. Do not use expired lubricants.

* Available to all 12+ years old (California Minor Consent Law).

** Efficacy for HIV protection for receptive vaginal sex has not been sufficiently studied.

*** Long-acting injectable is administered by a health care provider once every two months.

To find an HIV testing site, visit <https://www.hiv.gov/locator/>

**** Used for receptive anal or vaginal sex. Previously known as the female condom or FC2.

***** Dental Dams are square pieces of latex and are designed to be used for oral sex to create a barrier between a mouth and a vulva or anus.

To find a DPH Sexual Health Clinic, visit <http://publichealth.lacounty.gov/chs/sexualhealthclinics/>