

Post-Exposure Prophylaxis (PEP)

Post-exposure prophylaxis is treatment that can be used after possible exposure to Hepatitis B or HIV virus through sex, injecting drug equipment or injury such as needle stick injury. PEP is given to decrease the risk of infection with HIV or Hepatitis B virus. It does not reduce the risk of other sexually transmissible infections or infection with blood-borne viruses including Hepatitis C.

The best ways to avoid infection with HIV, Hepatitis B virus and other blood-borne and sexually transmissible infections include:

- safe sex, including consistent and correct use of condoms (use condoms the right way, every time)
- not having sex
- not using intravenous drugs
- if you do use intravenous drugs, always use sterile equipment and don't share any equipment
- Hepatitis B Vaccination provides long term protection against hepatitis B

What if you think you have been exposed to HIV, or the condom breaks?

Immediate treatment with Post Exposure Prophylaxis (PEP) is available from any Sexual Health Clinic or Major Public Hospital Accident and Emergency Centre.

For PEP info call 13-HEALTH, or go to the Queensland Government website
www.health.qld.gov.au/sexhealth/

What's the Best Way to Stop HIV?

It's Up to EVERYONE to stop HIV:

- Carry condoms & lube with you at all times.
- Always check the use-by-date on the condom packet, and don't use condoms which are past their use-by-date.
- Remember, any thickness, shape and size of condom can be used for anal sex, but find the one which suits you best.
- Always use plenty of water-based lube (such as Wetstuff or KY Jelly) to prevent condom breakage. DO NOT use oil based lubricants (such as baby oil, massage oil or Vaseline) as they can cause latex condoms to break.