

PrEP: A Guide for Trans Folks



What is PrEP?

PrEP is an antiretroviral medication that prevents HIV from establishing infection.



PrEP for trans folks:

Up to 14% of trans women and 3% of trans men have HIV. Let's work to reduce the rate of HIV in the trans community!

PrEP does not affect hormone levels. Estrogen may lower PrEP levels, but not enough to reduce its effect. Adherence to PrEP is more critical for trans folks.



Who is a good candidate for PrEP?

- Non-monogamous people who have anal sex
- Anyone with partners who are potentially HIV+
- Sex workers
- People who inject drugs



Side effects:

- Kidney issues rare
- Small decrease in bone density
- "Start-up syndrome": nausea, headache

Remember: PrEP does not prevent pregnancy or other STIs.