

**Guy:** We met online. He was so hot, we hooked up, it happened so fast. He didn't use a condom. Afterwards I freaked out, I didn't know what to do. What if I got HIV?

I called my best friend and she told me to go to the emergency room right away because they could give me something to not get infected...

**Doctor:** If you think you may have been exposed to HIV go to the closest emergency room or to your doctor right away. You may be able to take medications that could prevent you from getting infected with HIV.

These medications, called PEP or Post Exposure Prophylaxis have to be started right away, ideally within two hours after a possible exposure to HIV and no later than 36 hours after the exposure occurred. PEP is for people who have just been exposed to HIV, not for people who are already infected.

**Guy:** I took the meds every day for four weeks and it wasn't easy, but I'm glad Idid it because after it was done I tested negative. So it worked for me. Now I always use a condom and protect myself.

**Doctor:** PEP or Post Exposure Prophyalxis may prevent HIV infection when taken as directed by a doctor. PEP is not a morning after pill. It is medications that you must take every day for four weeks. There can be side effects, but these are generally mild and your doctor can help you deal with them. There are things you can do to try and protect yourself from getting HIV. Using condoms every time you have sex. If you inject drugs, avoid sharing needles or any other equipment like bowls, cottons or water used to prepare drugs. Limiting your number of sexual partners and getting yourself and your partners regularly tested for HIV.

But if you find yourself in a situation where you think you might have been exposed to HIV act quickly. PEP, or Post Exposure Prophylaxis is available and may help prevent you from becoming infected.

For more information on when and how to take PEP, go to the PEP website, www.PEP411.com

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