

Staying Healthy: HIV & STI Prevention

Why are we concerned about the rise in STI/HIV?

The Virginia Department of Health (VDH) reports show that STI/HIV cases have risen within our communities, with over 54,000 STIs reported in 2024. Many individuals don't experience any symptoms, unknowingly transmitting it to partners. If left untreated, these infections can cause long-term health complications.



What is PrEP?

To prevent contracting HIV, Pre-exposure Prophylaxis (PrEP) is a highly effective, daily medication, or routine injection taken by individuals who are HIV-negative. When taken as prescribed, PrEP reduces the risk of HIV from sex by about 99%.

Is PrEP right for you?

PrEP is for those who:

- Have been sexually active in the past few months, have a partner living with HIV, don't always use condoms, or have had a recent STI
- Share needles or equipment or have an injection partner who has HIV
- Used PEP recently and expect ongoing exposure.

How do you start and stay on PrEP?

- Confirm you are HIV-negative before starting PrEP
- Oral PrEP must be taken consistently at the same time daily to remain effective
- If using injections, you must stay on schedule with your provider visits
- Eligible Virginia residents can often access and related clinic visits at little-to-no cost through the Virginia PrEP Drug Assistance Program.

For more information: www.cdc.gov/hiv/prevention/prep.html

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