

Condoms & PrEP:

HIV/STI SAFER SEX PLAN

What is PrEP?

Pre-exposure prophylaxis (PrEP) is a once-a-day pill taken by HIV negative people to help prevent them from getting HIV. It is very important that you see your healthcare professional regularly while taking PrEP.

PrEP is approved for use by Health Canada and when taken every day, PrEP reduces the risk of getting HIV from sex by **more than 90%**.

PrEP

If I'm on PrEP, do I still need to use condoms?

Condoms should be used along with PrEP and regular sexually transmitted infection (STI) testing as part of a combination HIV prevention strategy.

PrEP reduces your chances of getting HIV but it does **NOT** protect you from getting other sexually transmitted infections (STI).

Reported rates of chlamydia, gonorrhea, and syphilis have **INCREASED** in recent years.



Consistent and correct use of latex condoms can reduce the risk of passing most STIs, including HIV, hepatitis B virus (HBV), chlamydia and gonorrhea. They provide some but not complete protection against syphilis, human papillomavirus (HPV) and herpes simplex virus (HSV).

Condoms & PrEP:

TAKE CARE OF YOURSELF AND YOUR PARTNERS.

LESS WORRY, MORE PLEASURE!

SOURCES:

AIDS Committee of Toronto. PrEP: Questions & Answers. <https://thesexyouwant.ca/prep/questions-answers/>

Canadian guideline on HIV pre-exposure prophylaxis and nonoccupational postexposure prophylaxis. <https://www.cmaj.ca/content/cmaj/189/47/E1448.full.pdf>

Health Canada. HIV Factsheet. Biomedical Prevention of HIV: PrEP and PEP. <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/hiv-factsheet/hiv-factsheet-biomedical-prevention-hiv-prep-pep.pdf>

Government of Canada. Notifiable Diseases Online. <https://diseases.canada.ca/notifiable/>

Government of Canada. Sexually Transmitted and Blood Borne Infections (STBBI) prevention guide. <https://www.canada.ca/en/public-health/services/infectious-diseases/sexual-health-sexually-transmitted-infections/canadian-guidelines/stbbi-prevention-guide.html>

Tips for Using Condoms

Experiment with different condoms to find one that fits and feels right for you



Practice talking to your sex partners about using condoms



Practice putting a condom on and taking it off correctly



Use a water-based or silicone lube to increase pleasure and help prevent the condom from breaking



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