

HIV Post-Exposure Prophylaxis (PEP): Resources for Patients

What is HIV Post-Exposure Prophylaxis (PEP)?

HIV Post-Exposure Prophylaxis (PEP) is the use of medication to prevent HIV infection after a possible exposure. PEP must be started within 72 hours of a possible exposure (the sooner, the better). PEP is highly effective at preventing HIV infection when taken as soon as possible after exposure. *It is very important to start PEP as soon as possible after a potential exposure and to take the medication as prescribed for a full 28 days.*

Who can get PEP?

You may qualify for PEP if you do not currently have HIV, are not currently taking PrEP (HIV Pre-Exposure Prophylaxis medication), and in the last 72 hours you:

- May have been exposed to HIV during sex
- Shared needles, syringes, or other equipment to inject drugs
- Experienced a sexual assault
- Experienced a needle stick or other occupational exposure

How do I get PEP?

In Oregon, all hospitals are required to dispense PEP to patients who qualify for PEP and consent to receiving PEP. If you are concerned that you may have been exposed to HIV, talk to your healthcare provider or go to the emergency room. The provider will test your blood for HIV and ask you about your recent possible exposure. Your provider may also recommend testing for other sexually transmitted infections, such as syphilis, gonorrhea, and chlamydia, and/or testing for viral hepatitis. If PEP is right for you, you will either be given a 28-day supply of PEP medication, or you will be given a 5-day supply of PEP medication to begin immediately, and instructions on how to get the rest of the 28-day supply at a local pharmacy. If you need help, PEP Navigators can assist you for free. Depending on where you live, contact one of the organizations listed below for free PEP navigation.

Counties	PEP Navigation Contact
Portland Metropolitan Area: Clackamas, Columbia, Multnomah, Washington, and Yamhill	Cascade AIDS Project
Eastern Oregon: Baker, Gilliam, Grant, Harney, Hood River, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, and Wheeler	Eastern Oregon Center for Independent Living
Willamette Valley, Southern Oregon, and the Oregon Coast: Benton, Clatsop, Coos, Crook, Curry, Deschutes, Douglas, Jackson, Jefferson, Josephine, Klamath, Lake, Lane, Lincoln, Linn, Marion, Polk, and Tillamook	HIV Alliance

Where can I fill my PEP prescription?

Not all pharmacies currently stock PEP medications. This [online directory](#) lists pharmacies that stock medications commonly prescribed for PEP.

What if I can't pay for PEP?

Most insurance plans, including the Oregon Health Plan, cover PEP. If you do not have insurance, there are other resources to make sure that you are able to access PEP.

- Your medical provider can apply for free PEP medications through [pharmaceutical manufacturers drug assistance programs](#) if you do not have insurance.
- If you need PEP because you have experienced a sexual assault, ask your medical provider to help you apply for [Sexual Assault Victims' Emergency Medical Response \(SAVE\) funds](#). You are *not* required to file a police report to access SAVE funds.
- You can also get [free help with insurance enrollment](#) online or by contacting a PEP Navigator.

What happens after I start PEP?

Make sure to take your PEP medications as prescribed for a full 28 days. If you have any questions about your medication and how to take it, or if you miss a dose, contact your medical provider or pharmacist for assistance.

If you have experienced sexual assault, you can find additional support including 24-hour hotlines through the [Oregon Coalition Against Domestic & Sexual Violence](#).

It is recommended to get re-tested for HIV 4-6 weeks after the possible exposure and again 3 months later. Talk to your provider about HIV testing options, or find [free local HIV testing options](#) online.

Many people who use PEP may want to start using PrEP (HIV Pre-Exposure Prophylaxis medications). While PEP is used as an emergency medication after a possible exposure, PrEP can be used as an ongoing medication to prevent HIV infection when you expect that you may have a future exposure to HIV. You can learn more about PrEP at [EndHIVOregon](#) or by talking to a PEP/PrEP Navigator (listed above).

Where can I learn more about PEP, PrEP, HIV and sexually transmitted infections (STIs)?

[CDC PEP Info Sheet](#)

[CDC PrEP Info Sheet](#)

[CDC Fact Sheet on STDs and HIV](#)

[End HIV Oregon: Information and Resources for HIV Prevention](#)

[Order free supplies: condoms, HIV/STI home test kits, and naloxone](#)

You can get this document in other languages, large print, braille or a format you prefer. Contact us at prevention.info@odhsoha.oregon.gov or call 971-673-0153 (voice) or 971-673-0372 (TTY).