SOUTH DAKOTA DEPARTMENT OF HEALTH

HIV Prevention: PrEP + PEP

Two ways to help prevent HIV.

PrEP = Before Exposure

PrEP (pre-exposure prophylaxis) is a medicine taken before possible HIV exposure to prevent HIV. For people who may have ongoing chances of HIV exposure.

PEP = After Exposure

PEP (post-exposure prophylaxis) is an emergency medicine started after a possible HIV exposure start within 72 hours (3 days). The sooner, the better.

How Are They Different?

PrEP is planned prevention. Options include pills and long-acting injections. **PEP** is a 28-day course of medicine for emergencies, such as a condom breaking, needle sharing, or another possible HIV exposure.

Who Can Take PrEP?

Anyone who wants added protection against HIV can ask about PrEP. Your healthcare provider can help you choose an option that works for you.

What if I May Have Been Exposed to HIV?



Act immediately: Do not wait for symptoms or a test result. Contact a healthcare provider, urgent care, or emergency department immediately to ask about PEP. After 72 hours, PEP is generally not recommended.

Important to Know

PrEP and PEP prevent HIV, not other STIs or pregnancy. STI testing, condoms, and other prevention services can help protect your health.

Ask your healthcare provider: "Would PrEP or PEP be right for me?"

Sources: Preventing HIV with PrEP | Preventing HIV with PEP | Now's the Time to Find Out About PrEP and PEP | Clinical Guidance for PrEP | CDC PEP Recommendations (2025)

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