

Where can I get PEP?

If you have had a recent high risk exposure to HIV, contact the following public health professionals.

At night or on the weekend, do not wait. Visit your local emergency room or urgent care center or your primary care provider right away.

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Post Exposure Prophylaxis (PEP) for HIV Exposure

“I just had risky sex or shared a needle.”

What can I do?

How can I reduce my chance of getting HIV?

A Public Health Service for people in New Mexico



What is PEP?

Post means after.

Exposure means to be in contact with HIV.

Prophylaxis means treatment that lowers your risk of becoming infected with HIV.

PEP is a medical service for people who have had a high risk exposure to HIV.

PEP is available to people who may have been exposed to HIV in the community. This may include:

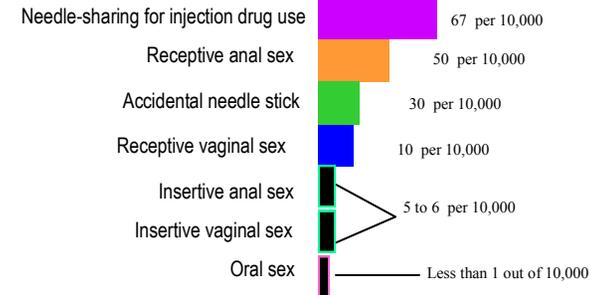
- ◆ Sexual Exposure
- ◆ Exposure through injection drug use or sharing equipment
- ◆ Injuries like physical or sexual assault
- ◆ A needle-stick injury or other exposure while assisting a person with HIV

- ◆ PEP treatment has to be started **no later than 72 hours (3 days)** after the exposure.
- ◆ Your visit to consider PEP includes a discussion of possible exposure to other infections such as STDs and viral hepatitis.
- ◆ PEP is not the best method to protect yourself against getting HIV. Using condoms consistently and correctly and using clean unshared needles are the best prevention against HIV infection.

How does PEP work?

- ◆ PEP treatment involves taking HIV medications for 28 days.
- ◆ The earlier PEP medications are started, the more effective they may be.
- ◆ Side effects such as nausea, headache, or diarrhea are common when first starting PEP. Many of these symptoms get better over time, the longer you take the medicine.

Estimated risk for getting HIV by type of exposure (per act)



Centers for Disease Control and Prevention. Antiretroviral post-exposure prophylaxis after sexual, injection-drug use, or other non-occupational exposure to HIV in the United States: recommendations from the U.S. Department of Health and Human Services. MMWR 2005;54(No. RR-2):Page 7.

PEP reduces the chance of infection in people exposed to HIV.

PEP is not a guarantee and it is not 100% effective.

Some people who take PEP medications still get infected with HIV.