

**So stop panicking
and thinking...**

"I took a risk, I'm screwed"

... and get informed.

Our information tools



Order our tools free of charge
on our website:

actions-traitements.org/nos-outils/commandes

Our helpline



on **WhatsApp** at +336 66 45 47 03
Monday to Friday from 10 AM to 6 PM
initial contact **by message**

(confidential exchanges with trained volunteers)



ACTIONS TRAITEMENTS

23 rue Duris - 75020 PARIS

Tél: 01 43 67 66 00

at@actions-traitements.org



HIV prevention 

LET'S TALK ABOUT IT! 😊

PEP* is

AFTER a

**risk of HIV
exposition**

and within

48 hours

maximum

*PEP = Post-Exposure Prophylaxis



A risky sexual behaviour is:

- When the condom **breaks** or negotiating its use is difficult, or when you **forget** to use it
- When someone says “no problem, **I don't have AIDS!**” without knowing the date of their last screening
- When you have consumed too much alcohol and/or drugs and **cannot remember** what happened
- When you have the **slightest doubt**

***Non-exhaustive list**

To be effective, PEP must be started:

- Preferably **less than 4 hours after** the risk of exposure.
- At the latest, **within 48 hours after** the risk of exposure.

What is PEP?

PEP is an antiretroviral treatment that prevents HIV infection in cases of exposure to the virus during risky sexual behaviour or accidental exposure to blood.

How to get PEP?

- In hospital emergency departments
- In hospital infectious diseases departments
- In some screening centres (CeGIDD*)

*Free Information, Screening and Diagnosis Centre.
List available on the "Sida Info Service" website.

- If you got PEP from the emergency department, you were given 3 to 5 days of treatment.
- A further medical examination will determine whether treatment should be continued.
- PEP must be taken every day at the same time for 30 days.
- Take advantage of your PEP treatment to find out about PrEP*!

*PrEP is a HIV preventive treatment