



# OC In+Care

Newsletter for providers serving people living with HIV in Orange County

## Prevention

This issue of the In+Care newsletter will discuss the importance of Pre-Exposure Prophylaxis (PrEP) and barrier devices for reducing the risk of persons living with HIV (PLWH) transmitting HIV to their partner(s) as well as the importance of screening for Sexually Transmitted Diseases (STDs).

### Use Condom Sense

Prevention is key to reduce the risk of PLWH transmitting HIV to their partner(s). One of the most important ways PLWH can protect their partner(s) is to use a condom (during anal/vaginal sex) and a dental dam (during oral sex). Research studies show that consistently using barrier devices such as condoms and dental dams is an effective way to prevent transmission of HIV.<sup>1</sup>



### Be PrEPared

Although condoms provide an effective barrier, they cannot provide complete protection against HIV. Another way PLWH can prevent transmission of HIV is to have



their partner(s) start Pre-Exposure Prophylaxis (PrEP). PrEP is an anti-HIV medication that is taken once daily.

### PrEP 101: Key Facts<sup>2</sup>



- ✓ PrEP reaches maximum protection from HIV for **receptive anal sex** after **7 days** of daily use
- ✓ PrEP reaches maximum protection from HIV for **receptive vaginal sex** after **20 days** of daily use
- ✓ If taken daily, PrEP is **99%** effective in reducing the risk of getting HIV from sex
- ✓ Studies of HIV-negative people who have taken PrEP for five years report **no major side effects**
- ✓ PrEP provides protection from HIV. It **does not** protect against STDs or prevent pregnancy

<sup>1</sup><https://www.cdc.gov/condomeffectiveness/brief.html>

<sup>2</sup><https://www.cdc.gov/hiv/basics/prep.html>

## StaTus upDate:

PLWH should be getting tested for STDs along with their regular HIV blood work. Getting tested regularly for STDs, such as Chlamydia, Gonorrhea, and Syphilis, can help improve the health of PLWH and their partner(s). Being tested is the only way PLWH can know and confirm their status.

### STD: Quick Check

- ✓ Most of the time people may be asymptomatic
- ✓ Many STDs are treatable
- ✓ Condoms and dental dams are effective barrier devices to reduce transmission of STDs
- ✓ Inform clients that if they test positive, it is important for them to inform their partner(s) so that they can be tested and treated as soon as possible



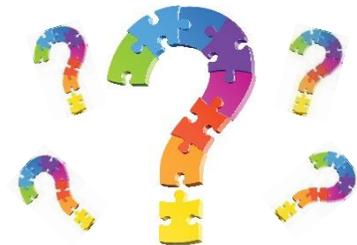
## Resources for Clients

The following agencies can help with STD testing and PrEP information in Orange County:

- **APAIT**  
(714) 636-1349  
<http://apaitonline.org>
- **OC Health Care Agency (17<sup>th</sup> Street Clinic)**  
(949) 452-0888  
[www.ochealthinfo.com/std](http://www.ochealthinfo.com/std)
- **Radiant Health Centers**  
(949) 809-5700  
**RADAR**  
(714) 868-5601  
<https://www.radianthealthcenters.org>
- **The LGBT Center OC**  
(714) 953-5428  
[www.lgbtcenteroc.org](http://www.lgbtcenteroc.org)

You can find more information about PrEP and HIV/STD prevention and treatment strategies at:

- <https://www.cdc.gov/hiv/guidelines/prevention.html>
- <https://www.cdc.gov/std/sam/talktesttreat/providers.htm>



### ORANGE COUNTY HIV QUALITY MANAGEMENT COMMITTEE



This is a project of the Orange County HIV Quality Management Committee and HIV Client Advocacy Committee. The HIV Quality Management Committee works to improve the quality of Ryan White services. If you have feedback or suggestions for future newsletters, please contact **Marlon-Ray Velasco** at [MVelasco@ochca.com](mailto:MVelasco@ochca.com)

