

## Preventing HIV after an Assault

Human Immunodeficiency Virus (HIV) is an infection passed by blood and semen. HIV is spread mostly by sex acts and sharing needles.

You might get HIV by:

- A penis going inside your anus.
- A penis on your genital area while you have a genital injury or sores.
- Sharing needles.

There is a small chance of getting HIV by:

- A penis on your genital area when your genital area is healthy.
- A penis in your mouth, especially if there was semen in your mouth.
- Getting blood or semen in your eye.
- Getting blood or semen on injured skin, or skin with rash or sores.
- Getting bit and the teeth break your skin.
- Getting poked with a used needle and you could see blood on it.

You will NOT get HIV from:

- Kissing.
- Getting licked or getting spit on.
- Getting bit and the teeth do NOT break the skin.
- Getting semen on other parts of your body.
- A penis rubbing on other parts of your body.

Taking HIV medicine right away after an exposure can stop HIV from infecting you.

- You should start taking the medicine as soon as possible.
- You must start taking the medicine within 72 hours (3 days) of the assault.
- You must take one of the medicines twice a day for 28 days (4 weeks).

It is an important decision whether to take medicine to prevent HIV. You and your medical team should talk about:

- What you know about the person or people who assaulted you.
- If you are willing to have blood tests.
- If you have any medical conditions.
- If you take medicines that might interact with HIV medicine.

## Taking HIV Medicine to Prevent HIV

You will need blood tests to make sure your liver and kidneys are healthy. You will also be tested to see if you already have HIV, Hepatitis B, Hepatitis C or Syphilis. You will be tested to see if you are pregnant.

If you are healthy and can swallow pills, you will be prescribed Isentress<sup>®</sup> (raltegravir) and Truvada<sup>®</sup> (emtricitabine and tenofovir). Truvada pills are made of two medicines.

The most common side effects of Isentress and Truvada together are:

- Trouble sleeping.
- Headache.
- Nausea.
- Dizziness.
- Tiredness.

Be sure to tell your medical provider if you:

- Are trying to get pregnant.
- Are breastfeeding.
- Have kidney, bone or liver problems.
- Have a history of rhabdomyolysis or myopathy.
- Have increased levels of creatine kinase (CK or CPK) in your blood.
- Have phenylketonuria (PKU).
- Have any other medical conditions.

What to do if you forget a dose of Isentress<sup>®</sup> (raltegravir) or Truvada<sup>®</sup> (emtricitabine and tenofovir):

- Take it as soon as you remember.
- If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do NOT double your next dose.
- If you take too much medicine, call your doctor or go to the nearest hospital emergency room right away.