

A RESOURCE FOR HIV EXPOSURE

MUST BE TAKEN WITH 72 HOURS OF EXPOSURE

PEP INSTRUCTION MANUAL

MUST BE TAKEN WITH 72 HOURS OF EXPOSURE

INDEX:

① WHAT'S PEP?

② GETTING PEP IN NYC

③ PEP TREATMENT

WHAT IS PEP?

PEP stands for **Post-Exposure Prophylactic** - medications that can be taken to reduce chances of getting HIV after being potentially exposed. Treatment consists of **(2) medications taken over 28 days.**

WHO'S IT FOR?

If you're HIV-negative or don't know your HIV status, and in the last 72 hours you:
think you may have been exposed to HIV during sex (for example, if the condom broke);
shared needles and works to prepare drugs; or were sexually assaulted.

PEP must be started within 72 hours after a possible exposure.
The sooner you start PEP, the better; every hour counts.

GETTING PEP IN NYC

1. PEP HOTLINE
2. PREVENTION NYC
3. MOUNT SINAI PEP HOTLINE
4. NYC SEXUAL HEALTH CLINICS
5. CENTERS OF EXCELLENCE
6. OTHER ACCESS POINTS

click these links
for more info about each

click here to
return to this page

PEP HOTLINE

The New York State PEP hotline works with pharmacies, clinics, and hospitals throughout the 5 boroughs to provide immediate access to PEP treatment **regardless of immigration or insured status.**

**CALLING THE PEP
HOTLINE IS QUICK AND
EASY!**

**CALLING THE PEP
HOTLINE MEANS NO
WASTED TIME IN
WAITING ROOMS AND
LINES**

PEP HOTLINE

The PEP Hotline is one of the quickest and easiest ways to get PEP.

844-3-PEP NYC

(844-373-7692)

CLICK TO DIAL

PREVENTION NYC

PREVENTION NYC is an organization that helps to connect people of **all ages, genders, and sexual orientations** with **affordable, accessible HIV testing and care** alongside help with insurance navigation.

Talk or text a PEP specialist at:

917-580-1682

MOUNT SINAI PEP HOTLINE

PEP STARTER MEDICATION IS ALSO

AVAILABLE 24/7

BY CALLING MOUNT SINAI'S PEP HOTLINE AT:

929-266-7737

INDEX:

① WHAT'S PEP?

② GETTING PEP IN NYC

③ PEP TREATMENT

SEXUAL HEALTH CLINIC

Provides **low- to no-cost services** for sexually transmitted infections . Anyone 12 or older can receive walk-in services, **regardless of immigration status**. No parental consent is necessary.

If you do not have health insurance or cannot pay the sliding scale fee, you can still get services. The NYC Sexual health hotline is open Monday to Friday, 9 a.m to 3:30 p.m

NYC SEXUAL HEALTH HOTLINE
347 - 396 - 7959

CLICK TO DIAL

SEXUAL HEALTH CLINIC

Locations	Hours
Morrinia Sexual Health Clinic 1309 Fulton Avenue, Bronx	Tuesdays, Wednesdays and Thursdays, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m. Starting June 18, also open Fridays
Jamaica Sexual Health Clinic 90-37 Parsons Boulevard, Queens	Monday through Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.
Fort Greene Sexual Health Clinic 295 Flatbush Avenue Extension, Second Floor, Brooklyn	Monday through Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.
Chelsea Sexual Health Clinic 303 Ninth Avenue, Manhattan	Monday through Friday, 8:30 a.m. to noon and 1 p.m. to 3:30 p.m.

CENTERS OF EXCELLENCE

PEP Centers of Excellence can help you **start PEP regardless of your immigration or insured status**. These clinics can also help you get started on **PrEP** or provide a referral.

If you cannot get insurance coverage, **your health care provider can apply for free PEP medicines** through the medication assistance programs run by the manufacturers. These requests for assistance can be handled urgently in many cases to avoid a delay in getting medicine.

CENTERS OF EXCELLENCE

Location	Phone Number + Hours
Montefiore Medical Center — The Oval Center 3230 Bainbridge Avenue, Second floor, Bronx	Phone: 718-882-5482 Hours: Walk-ins: Monday, Tuesday, Thursday, 9 a.m. to 4 p.m.; Wednesday, 1 p.m. to 4 p.m.; Friday, 9 a.m. to noon
Mount Sinai Comprehensive Health Center: Downtown 275 Seventh Avenue, 12th Floor, Manhattan	Phone: 212-604-1701 Hours: Monday to Friday, 9 a.m. to 5 p.m.
NYC Health + Hospitals — Elmhurst 79-01 Broadway, Elmhurst, Queens	Phone: 718-334-3701 Hours: Monday to Friday, 9 a.m. to 4 p.m.
New York Presbyterian — Project STAY/VC4 622 West 168th Street, Manhattan	Phone: 646-245-4000 Hours: Monday to Friday, 9 a.m. to 5 p.m.
New York Presbyterian — Harkness Pavillion 180 Fort Washington Avenue, Harkness Pavillion, Sixth Floor, Manhattan	Phone: 212-305-3174 Hours: Monday to Friday, 9 a.m. to 5 p.m.
New York Presbyterian — Farrell Clinic 610 West 158th Street, Manhattan	Phone: 212-544-1860 Hours: Thursday, 2 p.m. to 6 p.m.
New York Presbyterian — Center for Special Studies — Baker 24 53 West 23rd Street, Sixth Floor, Manhattan	Phone: 212-746-7200 Hours: Monday to Friday, 9 a.m. to 4 p.m.
New York Presbyterian — The Center for Special Studies 525 East 68th Street, 24th Floor, Manhattan	Phone: 646-245-4000 Hours: Monday to Friday, 9 a.m. to 5 p.m.
STAR Health Center at SUNY Downstate Medical Center — University Hospital of Brooklyn 470 Clarkson Avenue, Suite J, Brooklyn	Phone: 347-909-1680 Hours: Monday and Wednesday, 9 a.m. to 8 p.m.; Tuesday, Thursday and Friday, 9 a.m. to 5 p.m.
Staten Island University Hospital 392 Sequine Avenue, Staten Island	Phone: 718-226-2642 Hours: Monday and Wednesday, 8 a.m. to noon; Tuesday, 8 a.m. to 7 p.m.; Thursday and Friday, 8 a.m. to 3 p.m.

OTHER ACCESS POINTS

OTHER NYC ORGANIZATIONS + CLINICS THAT CAN HELP PROVIDE PEP TREATMENT

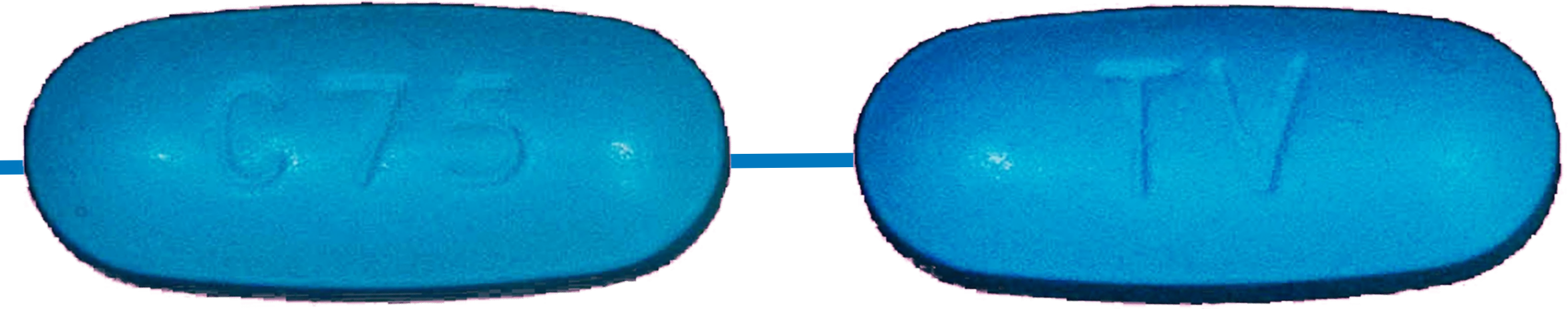
NAME	LOCATION	PHONE	HOURS
Comprehensive Health Program	180 Ft. Washington Ave, Harkness, 6th Fl New York, NY 10032	212-305-3174	Monday — Friday 9-5pm
Community Healthcare Network	Family Health Center, 90-04 161st Street Jamaica, NY 11432	718-523-2123	Monday: 10 am — 6 pm Tuesday: 11 am — 7 pm Wednesday, Thursday, Friday: 9 am — 5 pm Saturday: 8:30 am — 3:30 pm
Mount Sinai Hospital — Jack Martin Fund Clinic	17 East 102nd Street, New York, NY 10029	917-597-9492	Monday — Friday: 8:30 am — 4 pm
Community Healthcare Network Catherine M. Abate Health Center	150 Essex Street, New York, NY 10002	212-477-1120	Monday: 10 am — 6 pm Tuesday: 11 am — 7 pm Wednesday, Thursday, Friday: 9 am — 5 pm Saturday: 8:30 am — 3:30 pm
Callen-Lorde Community Health Center	356 West 18th Street, New York, NY 10011	212-271-7200	Mondays, Wednesdays, Thursdays: 8:15 am — 8:15 pm Tuesday: 8:15 am — 11:30 am; 1:00 pm — 8:15 pm Friday: 8:15 am — 4:45 pm Saturday: 8:30 am — 3:15 pm
Community Healthcare Network	94-98 Manhattan Avenue, Brooklyn, NY 11206	718-388-0390	Monday to Friday: 9:00 am to 5:00pm

THE MEDICATIONS

1) TRUVADA/DESCOVY

WHAT IT IS:

A PrEP (PRE-EXPOSURE PROFILACTIC) medication taken as part of PEP



TRUVADA

TRUVADA vs. DESCOVY:

Truvada was the first medication to the market and is now available as a generic - which is more affordable and fully covered by most insurance companies (Medicare + Medicaid, Private, and Employer-Based).

COMMON SIDE EFFECTS:

Many people don't experience any side effects, but some people may experience nausea, diarrhea, fatigue, abdominal pain, and headaches. Symptoms have been shown to be more intense with certain individuals when taking Truvada.

DOSAGE INSTRUCTION:

Take 1 tablet by mouth daily

2) **ISENTRESS** (raltegravir)

WHAT IT IS:

Antiviral medicine that prevents Human Immunodeficiency Virus (HIV) from multiplying in your body

COMMON SIDE EFFECTS:

Similar to Truvada/Descovy. In some cases can cause nausea, vomiting, diarrhea, stomach pain, headaches, fatigue, and dizziness

DOSAGE INSTRUCTION:

Take 1 tablet by mouth twice a day



ISENTRESS

HELPFUL TO HAVE



OMEPRazole

ANTACID MEDICATION:

PEP can be hard on your stomach - if you've experienced stomach sensitivity in the past, or have had GERD or Acid Reflux, it might be helpful to take an antacid medication alongside the prescribed ones. Peptid, Prilosec, Nexium, and Tums all can work to different degrees. Your doctor also may be able to write you a perscription for **OMEPRazole** - a strong, fast-acting, generic antacid.



ONDANSETRON

ANTI-NAUSEA MEDICATION:

One of the most disruptive side effects of PEP treatment is the mild to serious nausea that can accompany it. If you've experienced symptoms like this in the past when taking other medications, or are concerned, ask the doctor/clinician about **ONDANSETRON** - an anti-nausea medication that will ease symptoms.

Questions, Feedback, or Suggestions?

Email ProjectPepNYC@gmail.com