

Module 3 Expansion: Medical Shields — Pills, Shots, and Science

From clinical jargon to your personal arsenal.

HIV MEDICATION MENU

Your Prevention & Treatment Toolkit

PrEP - DAILY PILLS
 Brands: Truvada, Descovy
 WHAT: Take daily pill to prevent HIV
 EFFECTIVENESS: ~99% effective when taken as prescribed
 PROTECTION TIME: • 7 days for anal sex protection
 • 21 days for vaginal sex protection
 BEST FOR: Daily routine lovers, high-risk groups

PrEP - INJECTION (Every 2 months)
 Brand: Apretude (cabotegravir)
 WHAT: Long-acting shot given every 2 months
 EFFECTIVENESS: ~99% effective
 PROTECTION TIME: Continuous with regular shots
 BEST FOR: People who struggle with daily pills, want less frequent dosing

LENACAPAVIR (YEZTUGO) ★ NEW!
 Brand: YEZTUGO
 WHAT: Twice-yearly shot (every 6 months) for HIV prevention or treatment
 EFFECTIVENESS: Highly effective for long-term protection/suppression
 PROTECTION TIME: Continuous with shots every 6 months
 BEST FOR: Minimalist approach, long-term adherence support

ART - HIV TREATMENT
 Brands: Biktarvy, Dovato, & others
 WHAT: Daily medication to suppress HIV and achieve undetectable viral load
 EFFECTIVENESS: 90%+ achieve viral suppression; U=U (Undetectable = Untransmittable)
 ADHERENCE: Daily commitment required
 BEST FOR: People living with HIV, maintaining health

PEP - EMERGENCY
 Brands: Multiple Options (e.g., Truvada + Isentress)
 WHAT: Taken AFTER potential exposure to prevent HIV infection
 EFFECTIVENESS: Start within 72 hrs of exposure for best results
 DURATION: Take daily for 28 days
 BEST FOR: Emergency use after condom break, sexual assault, etc.

The Vaccine Shield

Immunity Unlocked.

- HPV (Gardasil 9): Prevents cancers/warts.
- Hepatitis B: Lifelong liver shield.
- Mpox: 2 shots for high-risk groups.
- MenB: Bonus protection (~30-40%) against Gonorrhea.



MEDICAL SHIELDS: PILLS & SHOTS THAT PROTECT

PREP-PEP-ART-DOXY PEP

This module moves beyond the basics of condoms to explore the “biomedical shield.” We will transform acronyms like PrEP, PEP, and U=U into an empowering toolkit that acts as invisible armor for your sexual health.

A Fearless, Aware, and Protected Workshop-in-a-Deck

Science is Your Wingman



The Shift

Traditional sex ed relied on fear and avoidance. The new model relies on technology and biology.

The Metaphor

Think of medical prevention not as a warning label, but as an operating system update for your sex life.

Core Message

Protection isn't about restriction; it's about freedom. When you trust your shield, you can engage fearlessly.

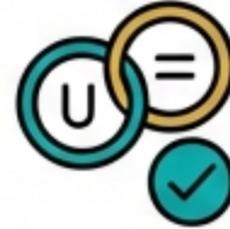
The Landscape: Defining Your Tools



PrEP (Pre-Exposure Prophylaxis)

The Daily Shield

Medication taken *before* sex to prevent HIV.



U=U (Undetectable = Untransmittable)

The Scientific Fact

Effective treatment prevents sexual transmission.



PEP (Post-Exposure Prophylaxis)

The Emergency Brake

Medication taken *after* sex to stop HIV.



Doxy-PEP

The Morning After for STIs

Antibiotics taken after sex to prevent Syphilis and Chlamydia.

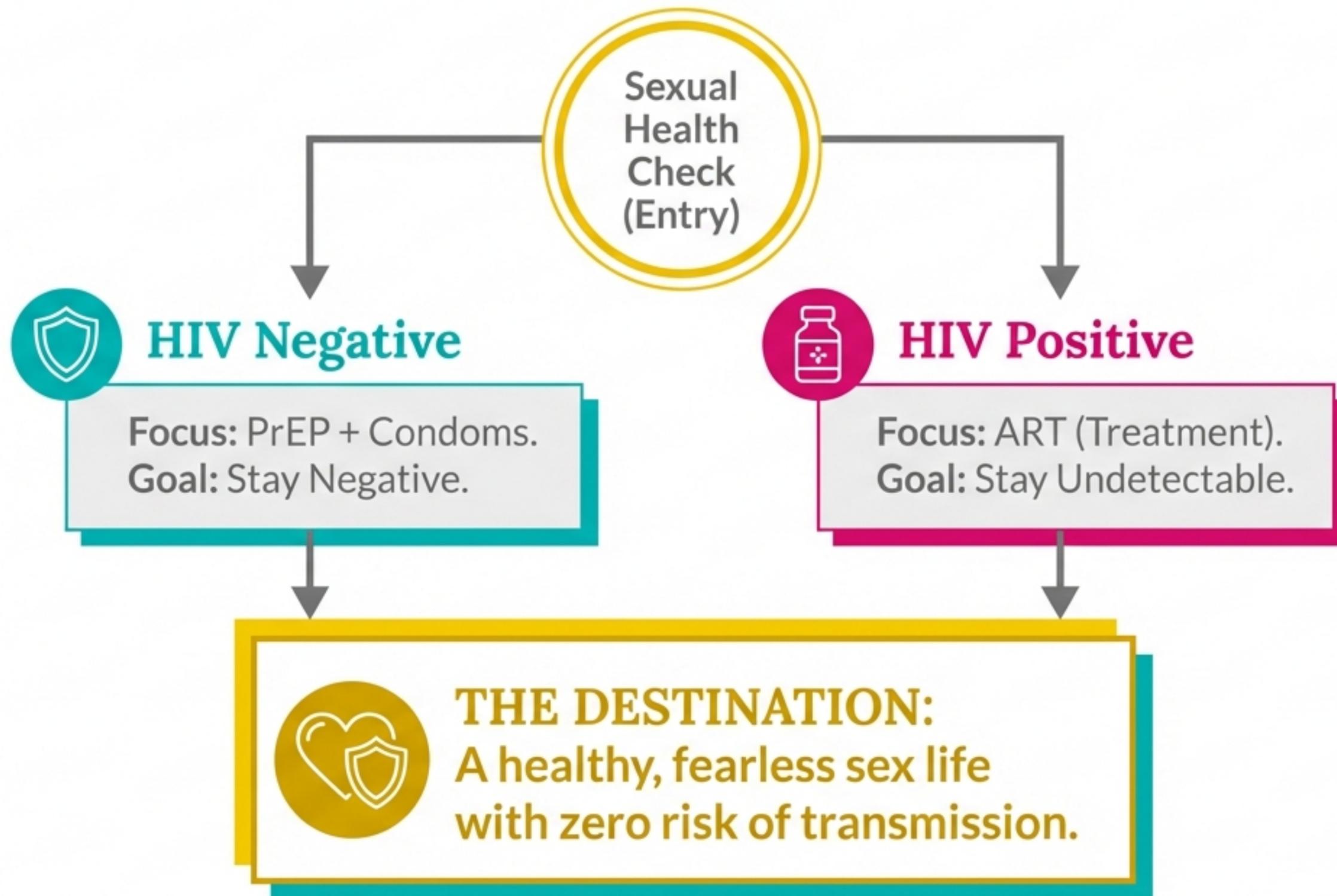


ART (Antiretroviral Therapy)

The Treatment

Medication that suppresses HIV to undetectable levels.

One Door, Two Paths: Status-Neutral Care



Your HIV status doesn't determine your value; it **just determines** your toolkit.

PrEP: The Armor You Carry

What is it? Pre-Exposure Prophylaxis. It builds a biological barrier around your cells so HIV cannot latch on and replicate.

Metaphor: Like sunscreen or birth control, it creates a baseline of safety that allows you to live your life.

99%

Effective



Reduces risk of HIV from sex by ~99% when taken as prescribed.

MYTH BUSTER

MYTH: PrEP is only for people with 'risky' lifestyles.

FACT: PrEP is for anyone who wants peace of mind and control over their own body.



The PrEP Menu: Pills vs. Shots

Daily Oral (Truvada / Descovy)



Pros: Proven track record, easy to stop/start, generic options are affordable.

Cons: Requires daily habit and discipline.

Long-Acting Injectable (Apretude)



Pros: A shot every 2 months. No daily pills. "Set it and forget it."

Cons: Requires clinical visits for injections; medication stays in system longer if stopped.

Consult a provider to see which fits your lifestyle (The "H" in **MATCH**).

PrEP + Condoms: The Ultimate Defense



Strategy:

You don't HAVE to choose one. Using both provides the highest tier of protection.

Mindset:

Layering protection reduces anxiety.

Immunity Unlocked: The 'Bonus' Shields

Vaccines are the pre-game power-up for sexual health.



HPV (Gardasil-9):
Prevents cancers
and genital warts.



Hepatitis A & B:
Essential liver
protection; often
sexually
transmitted.



Mpox (Jynneos):
2 shots, 28 days
apart. Critical for
outbreak
protection.



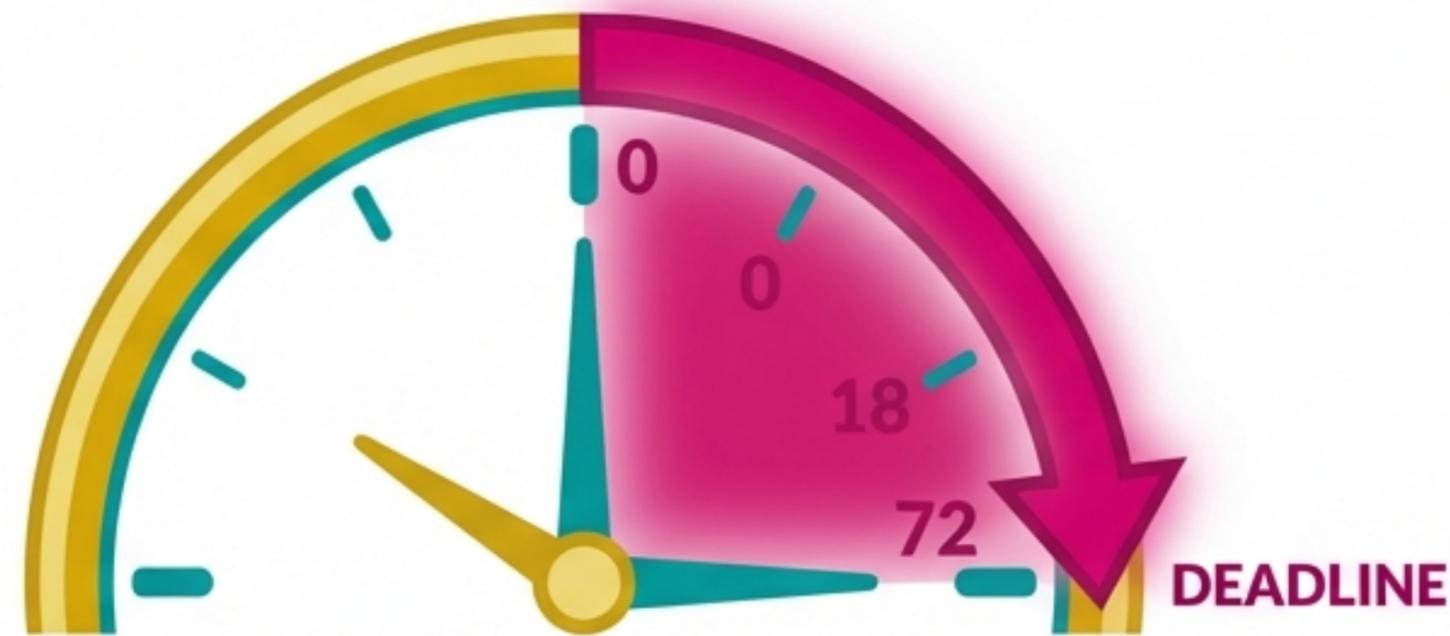
**Meningitis B
(Bexsero):**
Emerging Science.
Studies show ~30-40%
cross-protection
against Gonorrhea.

PEP: The Emergency Brake



- **Definition:** Post-Exposure Prophylaxis.
A month-long course of medication taken *after* a potential exposure to HIV.
- ▶ **The Scenario:** The condom broke. You forgot your PrEP. You were assaulted. PEP is there to stop the virus from taking hold.
- **Key Message:** It is not a replacement for PrEP, but a backup plan for when things go wrong.

The 72-Hour Rule



HARD DEADLINE: 72 HOURS

You must start PEP within 72 hours of exposure. Ideally within 2-4 hours.
Every hour counts.

Where to Go: Emergency Room (ER) or Urgent Care. Do not wait for a primary care appointment.

Action Item: If it's Friday night, do NOT wait until Monday morning. Go to the ER.

Doxy-PEP: The 'Morning After' for STIs

What is it? Taking 200mg of Doxycycline (antibiotic) after sex.

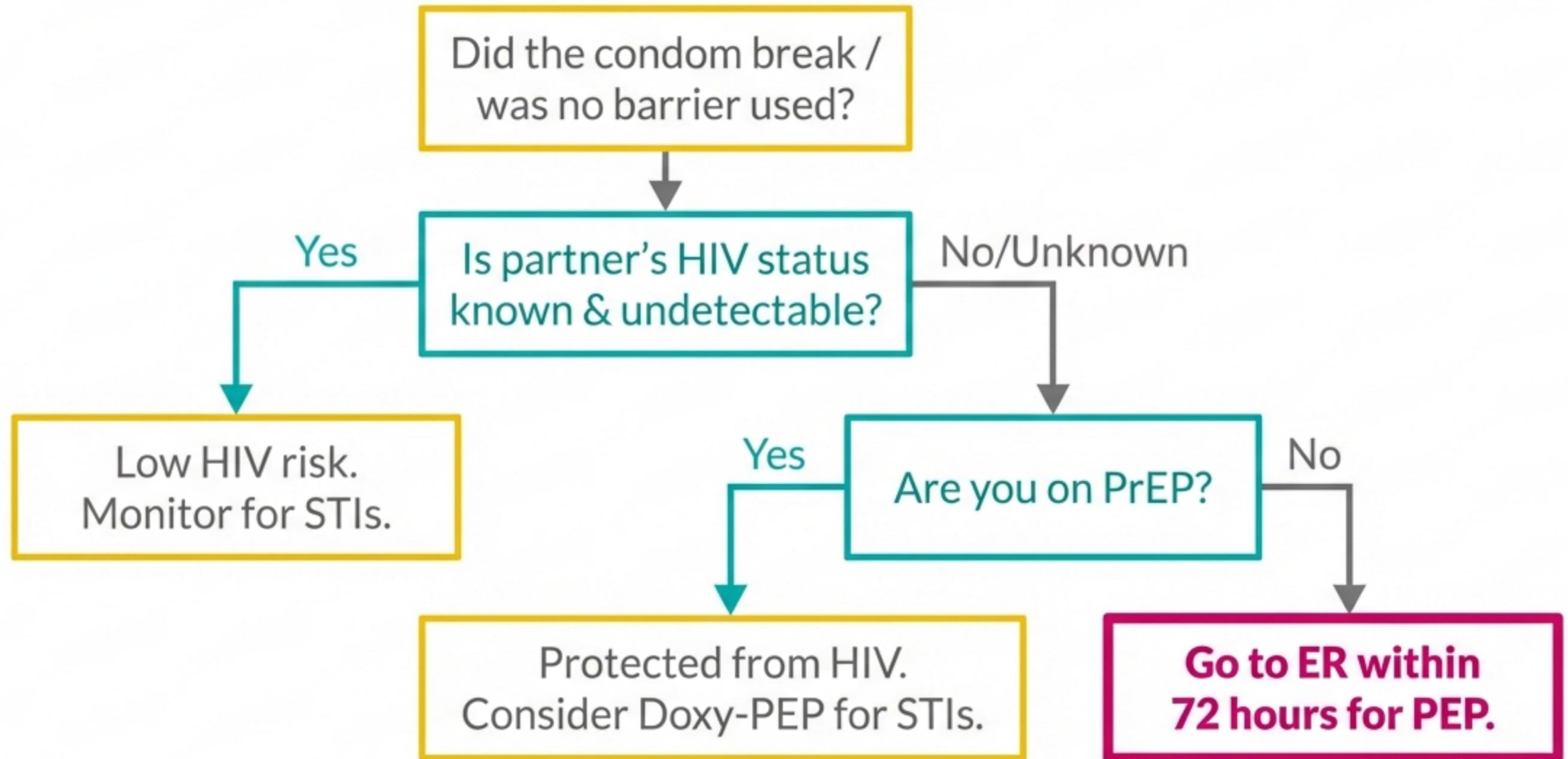
● ●
The Window: Within 24–72 hours after sex.

● ●
Targets: Highly effective against Syphilis and Chlamydia.

● ●
Limitations: Less effective against Gonorrhea due to resistance.
Does NOT prevent HIV.

● ●
Who is it for? Discuss with your provider (CDC recommends for gay/bi men & trans women with history of STIs).

The Emergency Action Plan



Panic helps nothing. A plan saves everything.

The Paradigm Shift: U=U

Undetectable = Untransmittable

Definition: A person living with HIV who is on effective treatment (ART) and has an undetectable viral load **CANNOT** pass the virus to sexual partners.

The Impact: Dismantles stigma. An HIV+ partner on treatment is **statistically safer** than a partner of unknown status.

The Science is Settled

- **PARTNER1 & PARTNER2 Studies:** Followed thousands of couples (one positive, one negative) over thousands of sex acts without condoms.
- **The Result:** Zero transmissions linked to the partner with an undetectable load.

“Zero risk. That is the power of science.”

Treatment IS Prevention.

Testing: Routine Maintenance

Stop thinking of it as a moral test. Start thinking of it as confirming your data.



Maintenance Schedule



- **Active Sex Life:** Every 3–6 months.
- **On PrEP:** Every 3 months (required for refills).
- **New Partner:** Before ditching condoms.

Pro Tip: Ask for a full panel. Urine tests miss throat and rectal infections—swabs are necessary if those are your play sites.

Logistics & Access

Barriers: Embarrassment, Cost, Convenience.



Telehealth

MISTR, Nurx, Folx.

Order PrEP/STI kits from home. Discreet.



Patient Assistance

Gilead Advancing Access / Ready, Set, PrEP.

Meds for free or low cost if uninsured.

Cost shouldn't be a barrier. Resources exist.

Building Your MATCH Plan



M = Medications (PrEP, PEP, Doxy-PEP, ART)

A = Awareness (Status, U=U)

T = Tools (Condoms, Lube)

C = Communication (Disclosure, Asking)

H = Habits (Testing, Routine)

Which medical shield belongs in your 'M' slot?

Myth Busters: Speed Round

MYTH

PrEP is 100% effective.

FACT

It's 99% effective for HIV, but zero for other STIs.

MYTH

PEP is a morning-after pill for whenever.

FACT

It is a heavy-duty month-long course for emergencies only.

MYTH

Undetectable still needs a condom for HIV safety.

FACT

U=U means ZERO HIV risk. Condoms are for other STIs.

Your Medical Shield Checklist

- Assess PrEP:** Is daily oral or injectable right for me?
- Vaccinate:** Am I up to date on HPV, Hep B, and Mpox?
- Know Emergency Sites:** Where is the nearest ER for PEP?
- Testing Routine:** Is my next test on the calendar?
- Telehealth:** Do I have a discreet way to get meds?

Protection is Power



You don't need to be perfect.
You just need to be **prepared**.

- **Fearless:** Because you trust your armor.
- **Aware:** Because you know the science.
- **Protected:** Because you built a plan that fits YOUR life.

HARNES

Stay Informed. Stay Protected. Stay Fearless.

CDC Info: 1-800-CDC-INFO

PrEP Locator: preplocator.org

Testing: gettested.cdc.gov

Download the MATCH Worksheet at TheHarnessProject.org