

# 5 Tips for Getting Post-Exposure Prophylaxis (PEP)

PEP is an emergency medication that can be used if you think you have been exposed to HIV. It must be used within 72 hours of possible exposure to HIV. Medical providers are familiar with (PEP) for needle stick injuries or exposure to HIV in medical settings. However, they may not know that PEP can be critical for people who were exposed to HIV outside of medical settings. You can use this tip sheet to help you get PEP in a clinic or the Emergency Room, even if the doctor doesn't know about PEP.



## 1. Know your insurance status.

### No insurance:

- The Los Angeles LGBT Center offers PEP. Based on your income, you may qualify for free treatment. Call 323-860-5855 (option 4), Monday – Friday from 11am-6pm.
- Visit <http://getprepla.com/centers-excellence.html> to find the nearest clinic that offers PEP through “PrEP Centers of Excellence”.
- If you need treatment after 5pm, go to the nearest Emergency Room.

### Medi-Cal:

- PEP is completely covered by your health plan.
- Go to the Emergency Room and tell them you need PEP.

### Private Insurance:

- Coverage depends on your health plan.
- You can visit your primary doctor during regular business hours.
- If you don't have a primary doctor, call the number on the back of your card to find the nearest urgent care that is covered under your health plan.
- You can also visit an Emergency Room, but it may cost more.

## 2. Tell the doctor you need PEP.

Some doctors may not know that PEP can be critical for people who have been exposed to HIV outside of a medical setting. If you visit your doctor and they tell you that you don't need PEP, provide the following information:

- PEP is an emergency medication used to prevent HIV in a person when taken within 72 hours of possible exposure to HIV.
- PEP is considered the standard of care for people who have been exposed to HIV.
- PEP is recommended by the Los Angeles County Department of Public Health. An official letter about PEP is available at [www.GetPrEPLA.com](http://www.GetPrEPLA.com)



### 3. If the doctor hasn't heard of PEP, tell them where they can get more information about it.



Use the following talking points if you need to get PEP but your doctor hasn't heard of it before.

- "If you need more information about PEP, you can visit the website [www.uptodate.com](http://www.uptodate.com)."
- "You can also review the NPEP guidelines at [www.cdc.gov](http://www.cdc.gov) for information about PEP and when and why to prescribe PEP."
- "Call the UCSF Clinician Consultation Center to speak to an expert about PEP at (888) 448-4911 between 6:00am – 9:00pm, 7 days a week."



### 4. If the doctor refuses to give you PEP, ask to speak with an "Infectious Disease" doctor or department.

Every Emergency Room has doctors on-call who have a deeper understanding of certain parts of the body. Infectious Disease doctors will know about PEP and can help the emergency room doctor prescribe it for you.

### 5. Don't leave until you have PEP.

If one medical provider refuses to help you, ask to speak to the Emergency Room supervisor or another doctor. Emergency Rooms must provide medical treatment according to the Emergency Medical Treatment and Labor Act (EMTALA), even if don't have health insurance or can't pay for treatment.



**If you are refused PEP at any Emergency Room or medical clinic, please contact the Los Angeles County Department of Public Health, Division of HIV and STD Programs at [prepinfo@ph.lacounty.gov](mailto:prepinfo@ph.lacounty.gov) or 213-351-8000.**