

# Can you start prep after you have been exposed to HIV?



**PrEP (pre-exposure prophylaxis)** is only for people who are at ongoing very high risk of HIV infection. But **PEP (post-exposure prophylaxis)** is an option for someone who thinks they've recently been exposed to HIV during sex or through sharing needles and works to prepare drugs. PEP means taking antiretroviral medicines after a potential exposure to HIV to prevent becoming infected. PEP must be started within 72 hours of possible exposure to HIV. If you're prescribed PEP, you'll need to take it once or twice daily for 28 days. See our [PEP Q&As](#) for more information.

[Link to information source](#)

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