

How safe and effective is the Gel?

The Gel is safe for women and men. It does not have any major side effects.

The Gel can reduce a woman's risk of getting HIV, but it is not 100% effective. The Gel decreases a woman's chances of getting HIV by about 40% with typical use. If the gel is used correctly every time a woman has sex the protection level is higher.

If a couple is already using condoms, they should not stop, because when they are used correctly, condoms are more effective than the Gel.

If condom use is not possible, the Gel can be used alone. While it does not fully protect against HIV, it is better than no protection at all.

The Gel only protects women who are HIV-negative (do not have the virus). It does not treat HIV and it does not prevent HIV in men.

The Gel does not prevent pregnancy. Women should use condoms or another form of contraception if they do not wish to get pregnant.

How can a women get the Gel?

The first step is to visit a health facility that offers the Gel. Many HIV Testing and Counselling (HTC) Centers and Family Planning Centers offer the Gel. Women may go alone or with their partner.

A doctor or nurse provides counseling and helps the woman decide if the Gel is a good fit for her. If the woman wishes to try the Gel, she must get an HIV test. If she is HIV-negative, she can get the Gel at the health facility where she received counseling.

Women need to get retested for HIV every 3 months in order to get more Gel.



For more information:

Visit your nearest health facility
Go to <http://www.nagel.co.ke>
Call the Gel Hotline: 0800 000 000



A New **HIV-Prevention** Product for Women

Microbicide Gel



What is Microbicide Gel?

Women can become infected with HIV by having unprotected sex with an infected partner.

Microbicides are a new product for HIV prevention. They can help protect women from getting HIV through unprotected vaginal sex. They also protect against herpes, a common sexually transmitted infection.

Microbicides come in the form of a gel that is inserted into the vagina before and after sex. The Gel can be used alone or with condoms. It provides extra HIV protection in case a condom is not used correctly.

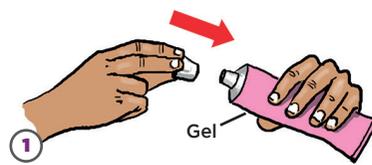
The Gel increases lubrication in the vagina. Many women and men find that this increases their sexual pleasure and enjoyment.

The Gel allows a woman to control the moment and take charge of her own protection. It can be used without a partner's knowledge. However, women have found that it is easier to use the Gel if they have their partner's support.

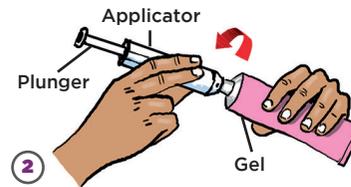
Who can use the Gel?

The Gel can be used by any HIV-negative woman who is sexually active. It can be used by women with casual sex partners, women with boyfriends, and married women.

How to insert the gel into the vagina



1 Open the tube of gel. Turn the cap over and pierce the covering on the tube with the pointed part of the cap. You only need to do this the first time you open the tube.



2 Screw or twist the applicator onto the uncapped tube until it stops. Squeeze the tube until the plunger extends all the way (the applicator is full). Untwist the applicator from the tube. Do not push the plunger into the barrel yet.



3 Choose a comfortable position. For example, standing with one leg raised, squatting, or lying on your back with your knees apart.



4 Hold the applicator with your thumb and middle finger about half way long the barrel.



5 Gently slide the applicator into the vagina as far as it will go comfortably. While holding the applicator in place, push the plunger in all the way.



6 Alternatively, hold the applicator steady with one hand and push with the other hand.



7 Withdraw the applicator from the vagina. Wrap the applicator in a tissue and discard in a trash bin or latrine. Do not re-use the applicator. Put the cap back on the tube.

The Gel can protect women who do not know the HIV status of their sex partners. It can also protect women with HIV-positive partners.



How often is the Gel used?

The first Gel should be used at least 15 minutes before sex but not more than 12 hours before sex. The second Gel should be used as soon as possible after the first sex act, but not more than 12 hours after.

No matter how many times a woman has sex, she should not use more than 2 gels in 24 hours. For some women, inserting one gel every 12 hours is the best way to plan for protection on days when she has sex.