

# STATE OF CONNECTICUT

## DEPARTMENT OF PUBLIC HEALTH

Raul Pino, M.D., M.P.H.  
Commissioner



Dannel P. Malloy  
Governor  
Nancy Wyman  
Lt. Governor

June 2016

Dear Colleague,

Each year, about **300** Connecticut residents are diagnosed with the Human Immunodeficiency Virus (HIV). The Centers for Disease Control and Prevention (CDC) estimate that 13,500 adult and adolescent Connecticut residents were living with HIV infection through 2012. Approximately 90.4% of this population was aware of their infection, leaving approximately 10% of people in the state unaware of their HIV status<sup>1</sup>.

Knowing one's HIV status is the first step in HIV prevention, however, there is now another powerful prevention tool to help people stay HIV negative. Pre-Exposure Prophylaxis, or PrEP, is a way for people who do not have HIV to reduce their risk of HIV infection by taking a pill every day. Studies have shown that PrEP's effectiveness is greater than 90 percent in preventing HIV infection when taken regularly<sup>2</sup>, and can be combined with condoms and other prevention methods to provide even more protection than when used alone.

The Department of Public Health is aligning with the National HIV AIDS Strategy 2020, which supports full access to comprehensive (PrEP) services for those whom it is appropriate and desired; including support for medication adherence for those using PrEP<sup>3</sup>.

The new federal guidelines for health care providers recommend that PrEP be considered for people who are HIV-negative and **at substantial risk for HIV infection through sexual transmission or injection of drugs.**

The Department has built a **PrEP Information Kit**, which includes clinical resources for your practice and educational materials for your patients. The Information Kit is structured around four core HIV prevention practices:

---

<sup>1</sup> MMWR, June 26, 2015, vol. 64, No. 24, p. 660

<sup>2</sup> National HIV/AIDS Strategy: Updated 2020

<sup>3</sup> National HIV/AIDS Strategy: Updated 2020



Phone: (860) 509-8000 • Fax: (860) 509-7184  
410 Capitol Avenue, P.O. Box 340308  
Hartford, Connecticut 06134-0308  
[www.ct.gov/dph](http://www.ct.gov/dph)

*Affirmative Action/Equal Opportunity Employer*

1. ***Take and record a thorough sexual history*** from all patients as a part of routine medical care.
2. ***Screen sexually active patients*** for sexually transmitted infections based on sexual history and clinical guidelines.
3. ***Talk about PrEP*** with HIV-negative patients who are at ongoing risk of exposure and with HIV-positive patients who may have HIV-negative partners.
4. ***Prescribe PrEP*** according to clinical guidelines, or ***refer patients*** to sites that provide PrEP.

For more information about PrEP in Connecticut, to request an Information Kit or to learn about becoming part of the Connecticut PrEP referral network, please contact Daniel Davidson at the Connecticut Department of Public Health HIV Prevention Program. He can be reach by email **PrEPinfo@ct.gov** or phone **860-509-7754**.

We look forward to partnering with you to implement these new strategies for HIV prevention.

Sincerely,

Raul Pino, MD, MPH  
Commissioner  
Connecticut Department of Public Health

Marianne Buchelli, MPH, MBA, CHES  
HIV Prevention Program, Supervisor  
Connecticut Department of Public Health