



Tamar Braxton Takes PrEP

The celebrity is increasing awareness of HIV prevention.

May 12, 2025 By [Trent Straube](#)

After a year of not dating, R&B and reality TV star Tamar Braxton is ready for action. “I’m on PrEP,” the outspoken personality says in a video she posted on social media in March. “I would tell everyone to get on PrEP...because prepare yourself.” That’s pre-exposure prophylaxis (PrEP) to prevent HIV, available as daily pills or a shot given every two months.

Tamar captioned her [Instagram video](#) with: “I’m on PrEP..... outside is CRAZY.” Before dropping the fact that she’s taking the prevention med, she spoke with her signature kooky candor about the challenges of hitting the dating scene, especially in Atlanta, with men wanting women to sign non-disclosure agreements and women willingly seeing the same man. “I ain’t sharing my man with the streets,” she declares.

The youngest of the six Braxton siblings—including Toni “Un-Break My Heart” Braxton—Tamar isn’t exactly tight-lipped about her intimate thoughts. But at least her sharing about HIV prevention helps educate and inspire her fans.

“I don’t think I’ve seen a hetero cis woman openly admit to being on PrEP,” @jared_tahj commented. “Kudos to you for sharing and letting people know women also have different options to protect themselves!”

Then there was this mini discussion among commenters:

“Do women take PrEP? Or am I thinking of something else?”

“Women absolutely take PrEP. Anyone can get HIV, therefore PrEP is for anyone who wants to protect themselves.”

And when some posters recommended Tamar remain celibate or leave the Atlanta scene, @jay_whin added: “You’re the first celebrity black woman I’ve heard mention PrEP, and I am so amazed. Don’t let the uneducated people get to you, I support you queen.”

In March, Tamar and her mom, Evelyn, debuted their new show, Cooking Sessions with Tamar & Ms. E, on CLEO TV. In April, Tamar dropped a new album and embarked on the October Nights Tour: Calling All Lovers, with October London and Ro James.

A new season of The Braxtons is scheduled for August.

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