

Have more questions? Need more answers?
Call HIV/AIDS hotline at 1-800-985-AIDS

HIV 101



HIV is the Human Immunodeficiency Virus that causes AIDS which is the Acquired Immune Deficiency Syndrome. HIV/ AIDS is not curable. It is treatable and manageable.

HIV can be transmitted when fluids such as **blood, vaginal secretions, semen, or breast milk** enter the body through holes and openings on or in the body.

**If it's wet and not yours,
DON'T TOUCH IT!**

Certain activities are riskier for transmission of the virus than others.

- **Having unprotected sex** (anal, vaginal, or oral) with a person who may be infected or a person whose status is unknown.
- **Sharing needles, syringes, or other injection materials** with an infected person or person of unknown status.
- **Breast feeding** is also a way to transmit the virus.

The only way to know if you are infected is to get tested!

Know, Respect, Protect!

HIV is 100% preventable. There are various ways to protect yourself from getting the virus.

- **Abstain.** Abstinence (not having sex) is 100% effective.
- **Condoms.** There are **male and female condoms.** Male condoms come in different colors, sizes, and sensitivities. Experiment and see what works best for you and your partner.
- **Consider reducing the number of sex partners.** Fewer intimate partners can reduce your risk of becoming infected.

Any of these options or a combination of these options can help you to protect yourself. If you do become infected with the virus there are medications which can help you manage the disease and still live a fulfilling life, however, **HIV/AIDS is not curable.**

If you think you may have been exposed to the virus then you should get tested. It is suggested that you get tested within three to six months of the activity you believe may have put you at risk. In the meantime do your best to reduce your risk. Testing too soon after possible exposure could result in a false negative.



If you have more questions or want more information about HIV testing and where to get tested give us a call at 267.940.5515.