

# GET involved

Get involved and prevent HIV.  
Talk to others, support your  
friends and others living  
with HIV.

## DON'T WAIT UNTIL THE HEAT OF THE MOMENT.

It's better to talk about HIV earlier rather than later – certainly before you have sex.

## YOU DON'T HAVE TO TALK FACE-TO-FACE.

Whether you talk, type, or text, what's important is that you start the conversation about HIV and other STDs.

## BE OPEN AND SUPPORTIVE.

If you know someone who may be living with HIV, show that you care and be there to help.

## GET TESTED AND ENCOURAGE OTHERS TO GET TESTED TOO.

Knowing your status helps you take steps to keep you healthy.

## LEARN ABOUT VOLUNTEER OPPORTUNITIES.

Contact your local AIDS service organizations and/or community health departments to volunteer.

## START THE CONVERSATION AT SCHOOL.

Host an event that discusses the impact of HIV among young people and highlights new HIV prevention options.

Learn how to start the conversation about HIV at

[WWW.CDC.GOV/ACTAGAINSTAIDS](http://WWW.CDC.GOV/ACTAGAINSTAIDS)

