

HIV PREVENTION

# LET'S STOP HIV TOGETHER

There are more HIV prevention options than ever before!



Ending  
the  
HIV  
Epidemic

# WHAT ARE MY HIV PREVENTION OPTIONS?

Not having sex is a 100% effective method to prevent HIV from sex. If you are sexually active, consider the following prevention methods.



## Condoms

When used the right way every time, condoms—both male and female—are highly effective in preventing HIV. They also protect against many other STIs.



## PrEP

Pre-exposure prophylaxis (PrEP) is a pill to prevent HIV. Studies have shown that PrEP is highly effective at preventing HIV if taken consistently.



## PEP

Post-exposure prophylaxis (PEP) means taking medication after potentially being exposed to HIV, to prevent getting it. PEP is for emergency situations and must be started within 72 hours after possible exposure to HIV. If you think you've been exposed to HIV, talk to your health care provider or emergency room doctor ASAP.



## HIV Treatment as Prevention

If your partner is living with HIV, encourage them to get and keep an undetectable viral load by getting and staying in care. Being “undetectable” means having a viral load so low that a test cannot measure it. It is the best thing for their overall health, and it means there is effectively no risk of transmitting HIV to you through sex.

It's important for you and your partners to get tested and treated for other sexually transmitted infections (STIs) since having other STIs put you at higher risk for getting or transmitting HIV.

## Do you know your HIV status?

Have up-front conversations about the importance of knowing your status so you can make the best decision to keep you and your partner healthy.

- 1 Get tested regularly!** The only way to know if you have HIV is to get tested, so make testing a part of your regular health care routine. Knowing your status empowers you to make the best decisions for your health.
- 2 Yes, everyone aged 13-64 should get tested at least once.** Some groups at ongoing risk for getting HIV should be tested more often; at least once per year.
- 3 Communication is important, so be open and honest.** Talk to your partner about getting tested and figure out which prevention options are best for you.

Where can I learn more?

[cdc.gov/StopHIVTogether/Prevention](https://www.cdc.gov/StopHIVTogether/Prevention)