

KNOW the facts

Knowing the facts about HIV means knowing how to **protect yourself**. Here are some tips.

1. ABSTINENCE IS THE ONLY 100% EFFECTIVE HIV PREVENTION OPTION.

Abstinence means not having oral, vaginal or anal sex.

2. USE A CONDOM EVERY TIME. THE RIGHT WAY.

Put on a new condom each time before you have sex, and keep it on from start to finish. If it breaks during sex, stop and put on another condom.

3. KNOW YOUR PARTNER

If you want to have sex, talk to your partner. Good communication, especially about safer sex, can build trust and bring you closer together. Remember when it comes to sex, consent is mandatory every time!

4. HAVE FEWER PARTNERS.

The more people you have sex with, the higher your chances of getting HIV and other sexually transmitted diseases (STDs).

5. GET TESTED AND TREATED FOR OTHER STDs.

Sexually transmitted diseases can raise your risk of getting HIV or transmitting it to someone else. Tell your partners to get tested too.

THINK YOU'RE AT HIGH RISK FOR HIV? ASK YOUR DOCTOR ABOUT PREP.

PrEP is pre-exposure prophylaxis. PrEP is a pill you take every day to keep you from getting HIV. Ask your doctor if PrEP is right for you.



WORRIED YOU'VE BEEN EXPOSED TO HIV? FIND OUT IF YOU NEED PEP RIGHT AWAY.

PEP is post-exposure prophylaxis. It's a pill you take to help prevent HIV if you are accidentally exposed. You have to take it within 72 hours of exposure. If you need PEP, ask your doctor or go to the Emergency Room immediately.

Learn how to protect yourself at

Adapted: WWW.CDC.GOV/ACTAGAINSTAIDS

