

HIV PREVENTION

THE FIRST STEP TO PREVENT GETTING OR TRANSMITTING HIV IS TO KNOW YOUR STATUS.



IF YOU ARE **HIV-**

IF YOU ARE **HIV+**

USE CONDOMS AND LUBRICANTS

Consistent and correct use of condoms and lubricants reduces the risk of getting HIV and other sexually transmitted infections by up to 94%.



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GET TESTED FOR STIs

Testing regularly for STIs and treating them reduces the possibility of contracting HIV.



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PrEP

Daily use of pre-exposure prophylaxis (PrEP) by a person who does not have HIV prevents infection before engaging in high-risk sex.



ANTIRETROVIRALS TREATMENT

A person living with HIV who correctly takes medication does not transmit the virus to others.



PEP

Post-exposure prophylaxis (PEP) is used in emergency situations to prevent HIV infection if taken up to 72 hours after engaging in high risk consensual sex or other potential exposure.



ANTIRETROVIRALS TREATMENT

Remaining in treatment is key for a health and long life, and for not transmitting HIV to others.



Governments should make sure everyone has access to all HIV prevention and treatment services recommended by WHO, free of **stigma and discrimination**.

www.paho.org/world-aids-day