Without treatment, HIV can make a person very sick
Learning the basics about HIV can keep you healthy and prevent transmission

HIV CAN BE TRANSMITTED BY

- Sharing needles to inject drugs
- Sexual contact
- Mother to baby during pregnancy, birth, or breastfeeding

HIV IS NOT TRANSMITTED BY

- Air or water
- Insects or pets
- Sharing toilets, food, or drinks
- Saliva, sweat, tears, or closed-mouth kissing

PROTECT YOURSELF FROM HIV

- Get tested at least once or more often if you are at risk.
- Use condoms the right way every time you have anal or vaginal sex.
- Choose activities with little to no risk like oral sex.
- Limit your number of sex partners.
- Don't inject drugs, or if you do, don't share needles or works.

- If you are at very high risk for HIV, ask your health care provider if pre-exposure prophylaxis (PrEP) is right for you.
- If you think you've been exposed to HIV within the last 3 days, ask a health care provider about post-exposure prophylaxis (PEP) right away. PEP can prevent HIV, but it must be started within 72 hours.
- Get tested and treated for other STDs.

KEEP YOURSELF HEALTHY AND PROTECT OTHERS IF YOU ARE LIVING WITH HIV

- Find HIV care. It can keep you healthy and help reduce the risk of transmitting HIV to others.
- Take your HIV medicine as prescribed.
- Stay in HIV care.

- Tell your sex or drug-using partners that you are living with HIV. Use condoms the right way every time you have sex, and talk to your partners about PrEP.
- Get tested and treated for other STDs.

For more information, please visit www.cdc.gov/hiv