

HIV Quick Tips



HIV Prevention

- **Using condoms and lube!** When used properly, condoms prevent HIV transmission. HIV can pass from one person to another through blood, semen and pre-cum, vaginal fluids, and anal fluids. Condoms prevent the mixing of these fluids! Using lube to prevent anal or vaginal tearing can also reduce the risk of HIV transmission.
- **Using new or properly sterilized injection equipment!** HIV can be spread through sharing injection equipment, especially when blood is present in the barrel of a syringe.
- **Know your status!** Get regular HIV testing so you know your HIV status!
- **PrEP & PEP!** - PrEP → Pre-Exposure Prophylaxis (a medication called Truvada). This is a daily medication that can help prevent you from getting HIV through sex and sharing injection equipment. Text SHRS for a referral! (612)355-1267, or request at any medical clinic.
PEP → Post-Exposure Prophylaxis. This is a medication that can prevent you from getting HIV after you experience an exposure to HIV. **If a round of PEP is started within 72 hours of an exposure to HIV**, it can prevent HIV from establishing in your body. You can get on PEP at any emergency room, urgent care and at most clinics.

HIV Transmission Causes

- Sharing injection equipment
- Sex without condom use
- Blood to blood contact
- Pregnant person NOT on HIV meds can trans to baby through pregnancy, birth or breast/chest milk

HIV is *not* transmitted through

- Surfaces (like toilet seats)
- Kissing/sharing drinks
- Food
- Swimming pools
- Casual touch, holding/shaking hands
- Sharing cigarettes

Testing, Treatment & Support

- Preventative care includes PrEP and PEP! (see above)
- Free/incentivized rapid testing is available at syringe exchanges
- People living with HIV often live long healthy lives. With medication, a person who has HIV can get the level of the virus in their blood so low that it is undetectable on a test, and at that point it is untransmittable through sex. Undetectable = Untransmittable (U=U)
- SHRS offers mental/emotional support, incentivized testing and incentivized HIV treatment referrals, at 612-355-1267 (text)