

HIV and STI Prevention

HIV can be spread by direct contact with certain fluids from a person living with HIV: blood, semen (including pre-cum), vaginal fluids, rectal fluids, or breastmilk. Direct contact means vaginal or anal sex, or sharing needles or syringes.

STIs (sexually-transmitted infections) can be spread by contact with infected body fluids such as blood, vaginal fluids, or semen. They can also be spread through contact with infected skin or mucous membranes, such as sores in the mouth. You may be exposed to infected body fluids and skin through vaginal, anal or oral sex.

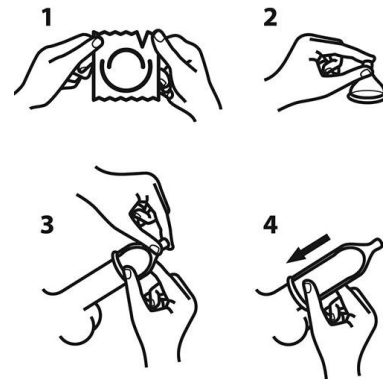
Here are some ways you can reduce the possibility of HIV/STI infection through sexual contact:

HIV risk reduction

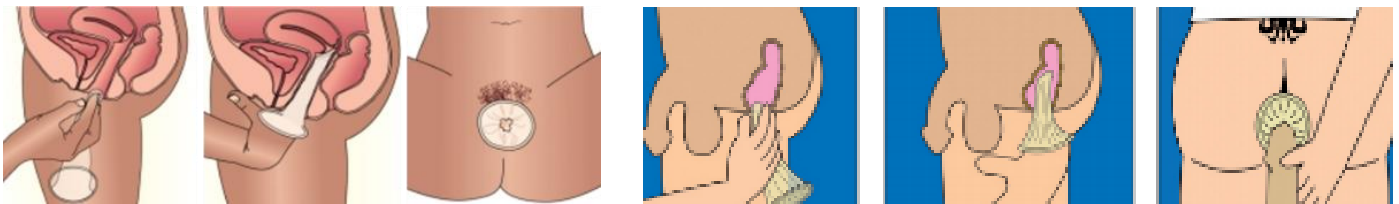
- Abstaining from sex
- Using condoms
- Reducing the number of sexual partners
- Taking PrEP, a once-daily pill that prevents HIV infection
- Knowing your HIV status by getting screened
- Knowing your sexual partner's HIV status
- U=U: Undetectable = Untransmittable. If someone is living with HIV and has a viral load that is undetectable, they cannot pass the virus to others through sexual contact
- Using plenty of water- or silicone-based lubricant to reduce friction and small tears that can happen inside of the vagina or anus during penetrative sex
- Using a new, clean needle or syringe every time before injecting substances and clean "works" (also prevents Hepatitis C infection)

STI risk reduction

- Abstaining from sex
- Using condoms and/or dental dams
- Reducing the number of sexual partners
- Getting screened for STIs regularly, especially if condoms aren't used
- Asking your sexual partner when they were last tested for STIs
- Getting vaccinated for HPV



External condom. Pinch the tip and roll down.



Internal condom. Pinch the ring and place inside of the vagina or the rectum.