



## *HIV 101* **HERChoice**



### **HIV STANDS FOR HUMAN IMMUNODEFICIENCY VIRUS**

HIV is a virus that attacks the body's immune system, weakening its ability to fight off infections and diseases.



### **HIV IS NOT THE SAME AS AIDS**

AIDS (Acquired Immunodeficiency Syndrome) is the final stage of HIV infection. Not everyone with HIV develops AIDS.



### **HIV IS SPREAD THROUGH BODILY FLUIDS**

The virus can be transmitted through unprotected sexual intercourse, sharing needles for drug use, from mother to child during childbirth or breastfeeding, and through contact with infected blood.

## **YOU CAN'T GET HIV FROM CASUAL CONTACT**

HIV is not transmitted through hugging, kissing, shaking hands, sharing utensils, or insect bites.

## **EARLY DETECTION AND TREATMENT ARE CRUCIAL**

Getting tested and starting antiretroviral therapy (ART) early can help manage HIV and prevent its progression to AIDS.

## **HIV PREVENTION**

HIV can be prevented by taking certain precautions. There are various HIV prevention methods like:

- 1. Male and Female Condoms**
- 2. PrEP (pre-exposure prophylaxis)**
- 3. Abstinence or reducing number of sexual partners**

## **HIV PREVENTION METHOD - MALE AND FEMALE CONDOMS**

Male and female condoms put a barrier between the most delicate skin and body fluids that may contain HIV and other STIs.

**HIV PREVENTION  
METHOD - PrEP  
(PRE-EXPOSURE  
PROPHYLAXIS)**

PrEP methods use medication that a person without HIV can use to prevent HIV. The medication stops the virus from multiplying within the body, reducing chances of getting HIV.

**HIV PREVENTION  
METHOD -  
ABSTINENCE OR  
LIMITING NUMBER OF  
SEXUAL PARTNERS**

Abstaining from sexual intercourse or limiting the number of sexual partners increases your chances of preventing HIV and STD's, because exposure to infection is removed or reduced.