### 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.



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.



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



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



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.