

# Preventing HIV

## Facts, Myths, and Prevention Tips

**There's a way to protect yourself and your community against HIV, the change, the change, the change!**

**So learn the facts and discard the myths, a change is ahead and it starts with this!**

**Educate the people and help them help themselves.**

**Which people? All people, because HIV does not have a face, nor race, or discriminate by wealth!**

**Gay and bisexual men account for 63% of all new HIV infections.**

**63%**



**Illinois has one of the highest rates of people infected with HIV in the United States.**

**1 in 4 new HIV infections occur in the U.S between the ages of 13 and 24.**



**10 ways to prevent HIV**



1. Use condoms
2. Use lubrication
3. Get tested for HIV
4. Get tested for other STI's
5. Talk to your partner
6. Be mindful of drug and alcohol use
7. Change syringes
8. Learn about PEP (Post Exposure prophylaxis)
9. Learn about PrEP (Pre Exposure prophylaxis)
10. Abstinence

## **3 Myths about HIV**

- 1. Myth:** I can tell if someone has HIV or not.  
**Truth:** HIV does not have a face or race, some people don't have symptoms of HIV until 10 years after exposure.
- 2. Myth:** HIV is only prevalent in the Gay/LGBT community.  
**Truth:** Anyone regardless of their sexual preference can contract HIV.
- 3. Myth:** I do not need to use condoms because I am on PrEP prophylaxis.  
**Truth:** Although PrEP prophylaxis reduces the risk of HIV, you may still get the virus or other STI's from having unprotected sex.



**Educate, activate, and annihilate HIV!**

### Most Common Ways to Contract HIV

- Anal sex
- Vaginal Sex
- Sharing needles
- Having multiple sexual partners

### Less common ways to contract HIV

- Oral sex
- Blood transfusion
- Being born by an HIV infected mother
- Being bitten by an HIV infected person