

How can I know that I have HIV?

The only way to know for sure whether you have HIV is to get tested. It only takes about 15 minutes to know your HIV status.

How can Testing help me?

Knowing your HIV status gives you powerful information to help you take steps to keep you, your partner and your family healthy.

- If you test positive, you can take medicine to treat HIV. People with HIV who take HIV medicine as prescribed can stay healthy for many years. HIV medicine also helps prevent transmission to others.
- If you test negative, you have more prevention tools available today to prevent HIV than ever before.
- If you are pregnant, you should be tested for HIV so that you can begin treatment if you're HIV-positive. If a HIV-positive woman is treated for HIV early in her pregnancy, the risk of transmitting HIV to her baby is very low.

Living with HIV

Millions of people are living with HIV globally.

Thanks to better treatments, people with HIV are now living longer and with a better quality of life than ever before.

If you are living with HIV, it's important to make choices that keep you healthy and protect others.



HIV/AIDS



HIV stands for Human Immunodeficiency Virus. It is a virus that is spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells.

These special cells help the immune system to fight off infections. Over time, HIV can destroy so many of these cells that the body can't fight off infections and diseases.

How is HIV passed on?

You can get or transmit HIV only through specific activities. Most commonly, people get or transmit HIV through:

- sexual behaviors
- needle or syringe use
- from infected mother to her new born baby during pregnancy, labor, delivery and breastfeeding.



HIV Prevention

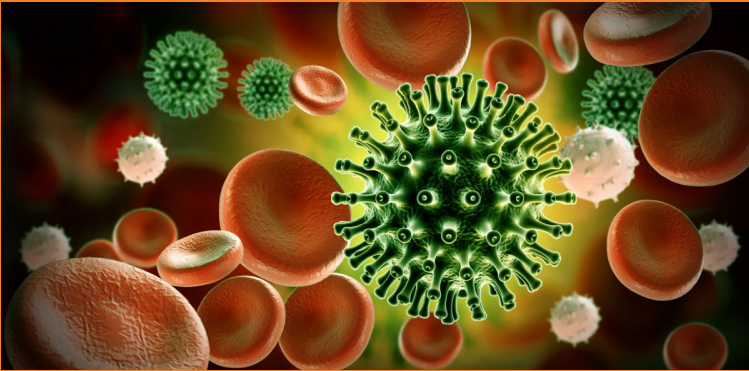
Today, more tools than ever are available to prevent HIV. You can use strategies such as:

1. Abstinence (not having sex)
2. Being faithful to your sexual partner
3. Using condoms every time you have sex
4. Using HIV prevention medications, such as post-exposure prophylaxis (PEP).

Antiretroviral Therapy (ART)

If you have HIV, there are many actions you can take to prevent transmitting it to others. The most important is taking HIV medicine (called antiretroviral therapy, or ART) as prescribed.

If you take HIV medicine as prescribed you can suppress the amount of HIV in your body to a point where it is nearly or completely undetectable in a HIV test. This does not mean you do not have HIV, but it does mean that you can stay healthy and have effectively no risk of transmitting HIV to a HIV-negative sex partner.



Opportunistic infections such as pneumonia or cancers can take advantage of a weakened immune system and start to make a person sicker.

During this time the person is said to have developed AIDS. AIDS stands for Acquired Immune Deficiency Syndrome.