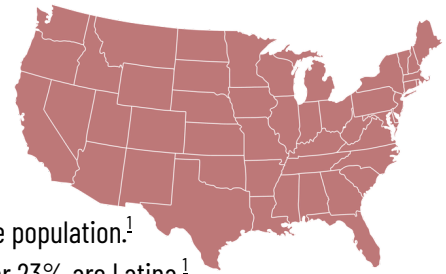


# HIV and Prevention

## HIV TODAY:

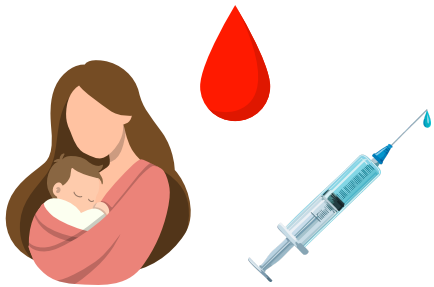
**HIV remains a public health crisis and disproportionately impacts many US communities.**

- 1.1 million are living with HIV in the US.<sup>1</sup>
- Over 38,000 new HIV diagnoses in the US each year.<sup>1</sup>
- Over half of the new HIV cases occur in the US South.<sup>1</sup>
- Black and Latinx people represent 72% of new HIV cases in the US, despite only representing 30% of the population.<sup>1</sup>
- Women represent about 1 in 5 new HIV diagnoses in the US. Roughly 56% of these women are Black<sup>2</sup>, over 23% are Latina.<sup>1</sup>
- 1 in 5 adolescents and young adults (aged 13 to 24 years) accounted for 18% of all new HIV diagnoses and are the least likely of any age group to be aware of their HIV status.<sup>1</sup>
- People aged 25-34 accounted for 37% of new HIV acquisitions in 2023, the highest among all age ranges.<sup>1</sup>



## WAYS TO TRANSMIT HIV:

**HIV can only be transmitted through specific bodily fluids of a person living with HIV who has a detectable viral load.**



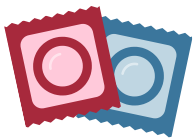
These fluids include:

1. Semen
2. pre-seminal fluid
3. vaginal and rectal fluids
4. blood
5. breast milk

This means HIV can be spread through anal sex, vaginal sex, injection drug use (specifically sharing needles or syringes), or from mother to child during pregnancy, childbirth, or breastfeeding (perinatal transmission).

## WAYS TO PREVENT HIV:

**Preventing HIV is a vital step to ending the HIV epidemic.**



With more HIV prevention options than ever before, now is the time for each of us to consider the role we can play in preventing HIV.

- **Condoms**
- **Knowing Your Status**
- **Treatment as prevention (U=U)**
- **PrEP and PEP**

### CONDOMS:

When used correctly, condoms are a highly effective method for preventing HIV and other STIs (sexually transmitted infections).<sup>3</sup> Using them with PrEP can provide additional protection against HIV.

### KNOW YOUR STATUS:

Before sex with a new partner, discuss your HIV statuses and HIV testing history.<sup>4</sup> The only way to know your HIV status is to get tested. This can help protect you, your partners, and your community. Everyone between the ages of 13 and 64 should be tested for HIV at least once as part of routine checkups. [Get tested.](#)

### TREATMENT AS PREVENTION (U=U):

U=U stands for undetectable equals untransmittable. A person living with HIV who is on treatment and maintains an undetectable viral load has zero risk of transmitting HIV to their sexual partners. This science, or treatment as prevention (TasP), is one of the most effective biomedical tools for preventing HIV transmission.<sup>5</sup>

## What are PrEP and PEP?

PrEP (Pre-exposure prophylaxis) and PEP (Post-exposure prophylaxis) are medicines that can substantially reduce your chance of getting HIV.<sup>8</sup>

**Pre-exposure prophylaxis (PrEP)** is a medicine taken by people who don't have HIV that can substantially reduce the chance of acquiring HIV through sexual contact when taken as prescribed.<sup>7</sup>

- The 'pre' in 'pre-exposure prophylaxis' means the medicine is taken before coming into contact with the virus. 'Exposure' stands for the actual contact with the virus, while 'prophylaxis' refers to measures taken to prevent the body's acquisition of the virus before it occurs. PrEP can stop HIV from taking hold by acting as a catalyst that helps the body produce antibodies which can block the enzyme needed by the virus to replicate and spread through the body.<sup>7a</sup>
- PrEP is for anyone who wants HIV prevention, with options designed for people of all genders.
- PrEP can be taken either as a long-acting injection or daily pill.<sup>7</sup>

**Post-exposure prophylaxis (PEP)** is medicine taken after you suspect you've been exposed to HIV. PEP has to be taken within 72 hours of possible exposure to HIV. So, the sooner you take PEP, the better. Once prescribed, you will need to take it daily for 28 days.<sup>9</sup>

When PrEP is taken as prescribed, it's 99% effective at preventing HIV from sex.<sup>7</sup>



### Type of PrEP:

- **Long-Acting Injectable PrEP:** Long-acting injectable (LAI) PrEP, like Apretude, allows for much longer time between doses (compared to a daily pill). It involves getting an injection from your doctor or care team and it's just as effective at preventing HIV when taken consistently.
- **Daily PrEP Pills:** Daily PrEP is a simple yet powerful way to protect yourself from HIV. By taking one pill each day, you can significantly reduce the chance of getting HIV.

PEP and PrEP are both effective HIV prevention tools, but they're used at different times. PEP is for **after** a possible exposure to HIV, while PrEP is for **before** possible exposure. PrEP and PEP will not prevent other sexually transmitted infections (STIs) or pregnancy, so PrEP should be used in conjunction with other safer-sex practices such as condoms. Similarly, those taking PrEP for protection from injection drug use risks, PrEP will not protect against hepatitis C or bacterial skin or heart infections.

## HOW YOU CAN START CONVERSATIONS AROUND HIV PREVENTION:

### 1. Talk to your care provider

Prevention is not one-size-fits-all. It's important to talk to your care team and advocate for what you want and need. Use [these conversation guides](#) to help kick off a candid conversation.

When discussing long-acting injectable PrEP with your doctor, here are three additional things to consider asking:

1. Where on my body is long-acting injectable PrEP being injected, and how often?
2. What injection-site reactions can I expect with long-acting injectable PrEP?
3. What are the potential interactions between the medications I take and the long-acting injectable PrEP options?

Remember to tell your doctor about your medical conditions and any medications you may be taking.

### 2. Reframe Risk to Reasons

Risk to Reasons is focused on driving awareness and action around HIV prevention and care for Black women of cis and trans experience. Guided by advocates across the country, it's a series about pleasure, intimacy, and self-care – reframing how we think about health and wellness.

[Complete with activity books](#), you will find interactive exercises, games, and prompts to explore everything from discovering your own desires to navigating conversations with your healthcare provider and asking for PrEP for the first time.

### 3. Talk to your family

Mother to Son is designed to amplify the bond of Black and Latinx gay, bisexual, trans and queer men and their mothers/maternal figures. Are you looking to start a conversation on sharing your status with your family? [Download this conversation guide](#) to help break down some of the walls that can obstruct your path towards a safe and open dialogue.

## Resources:

[www.hivpreventionforus.com](http://www.hivpreventionforus.com) [Preventing HIV](#)

PrEP resources: [Preventing HIV with PrEP](#) PEP resources: [Preventing HIV with PEP](#)