



# **HIV**

## **The Facts**

**Learn about HIV**

**H**

**Human**

**I**

**Immunodeficiency**

**V**

**Virus**

**is the virus that causes**

**A**

**Acquired**

**I**

**Immune**

**D**

**Deficiency**

**S**

**Syndrome**

# Get tested.



Everyone age 13+ should have an HIV test and know their status.



If you are living with HIV, treatment is:

- effective,
- easy to take, and
- has few or no side effects.

HIV is a health condition that can be managed. People living with HIV can have a healthy life.

# Know your HIV status, get tested.



People with HIV may not look sick.



The only way to know for sure if you have HIV is to get an HIV test.

# Ask to be tested.



Your provider will ask you if you want an HIV test, or you can ask for one yourself at any time. You can get a blood test or an oral (mouth) test. An oral test does NOT use needles.

If you do not have a primary care provider, you can find a place that offers testing by visiting <https://campaigns.health.ny.gov/BeyondStatus> or by calling 1-800-541-2437.

# Two main ways to get HIV:



You can get HIV by having vaginal or anal sex without a condom.



You can get HIV by sharing syringes, needles, and other things used to inject drugs.



# HIV and pregnancy :



All pregnant women should be tested as early as possible in their pregnancy for HIV. If a woman is living with HIV, there are medicines she can take to keep herself healthy, and prevent the baby from getting HIV.



HIV can be passed from mother to baby during breastfeeding. Talk to your doctor about your options.

# Preventing HIV.

Partners can keep each other safe by knowing their HIV status and getting HIV treatment, or by taking HIV pre-exposure prophylaxis (PrEP).

PrEP is a medication that can reduce worry about getting HIV. Ask your health care provider about PrEP.

Are you or someone else living with HIV and on HIV treatment? If you are virally suppressed for 6 months or longer, this is true: You have effectively no risk of passing HIV to a partner through sex.



You can use a condom to help prevent HIV. Condoms work very well if used correctly each time you have sex.

Not sharing needles and practicing safer sex will help with prevention against HIV, hepatitis C, and other STDs.



# If you are a person who uses drugs:



If you are a person who uses drugs, use new needles each time. Do not share your works. Avoid buying needles on the street, even if they look new.

You can get new needles at a syringe exchange. Call 1-800-541-2437 to find a syringe exchange or a drugstore that sells syringes. For Spanish speakers, call 1-800-233-7432.



If you are 18 or older, you can buy new needles at some (ESAP) drugstores. Look for this sticker, or ask if they sell syringes (needles).

# You cannot get HIV from:

**Shaking  
Hands**



**Food**



**Water**



**Hugging  
or Kissing**



# You cannot get HIV from:

**Sneezing**



**Toilets**



**Pets**



**Mosquitos/  
Other Bugs**





**New York State  
HIV/AIDS Hotlines**

1-800-541-2437 (English)

1-800-233-7432 (Spanish)

All calls are private. You do not  
need to give your name.

**New York State HIV/AIDS  
TDD Information Line**

1-800-638-5163

**New York Relay**

1-800-662-1220

**For More Information**

[www.cdcnpin.org](http://www.cdcnpin.org)

[www.health.ny.gov](http://www.health.ny.gov)

[www.thebody.com](http://www.thebody.com)

[PrEPforsex.org](http://PrEPforsex.org)

<https://campaigns.health.ny.gov/BeyondStatus>