

HIV - Treatable & Preventable

The Human Immunodeficiency Virus (HIV) attacks CD4/helper cells/T-cells. This creates opportunity in the body for other infections to take hold; like pneumonia, cancer, tuberculosis, flu, meningitis, and Sexually Transmitted Infections (STIs.)

HIV Is Passed Through These Body Fluids...

- Blood
- Semen (Cum)
- Pre-cum (pre-seminal fluid)
- Vaginal/Front Hole Fluid
- Breast milk
- Anal Fluid

...And also there must be:

- HIV present in the fluid
- A detectable HIV viral load
- Entry into the other person's blood stream through a cut, sore, or mucous membrane (genitals, anus, eyes, nose, mouth)

Medication is better than ever... and you can become undetectable!



Undetectable = Untransmittable

Through medication, people with consistent undetectable viral load for 6 months do not transmit HIV. Ask your healthcare provider for more information.

Call Us For Support

VERMONT CARES

1-800-649-2437

Burlington, St. Johnsbury, Montpelier, and Rutland, VT + Mobile

Pride Center of Vermont

802-860-7812

Burlington, VT

Vermont Diversity Health Project | VDHP.org

HIV/HCV Resource Center

603-448-8887

Lebanon, NH

AIDS Project of Southern Vermont

802-254-8263 | Brattleboro, VT

802-447-8007 | Bennington, VT

Know your Status?



We Offer Free HIV and HCV Fingerstick Testing!

** You can also get a blood draw test through a healthcare provider!



vtcares.org



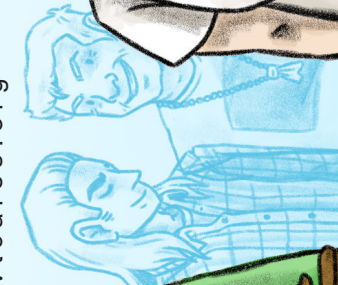
opendoormidd.org

HIV Basics

Harm reduction gives me options.

My HIV is undetectable, TASP works!

I use PrEP to play safer.



Talk To your Partners About Sex

how frequently do you hookup? how do you meet your partners?

when were you last tested for STIs?

do you give (top) or receive (bottom) or both?*

what are your safer sex practices?

any sexual health issues or concerns?

*bottoming increases exposure



Language: "Clean", "Dirty", and "Drug / Disease Free (DDF)" perpetuate HIV stigma. Use consent and non-shaming language to discuss sexual practices.

The Primary Ways HIV Spreads in the US are...



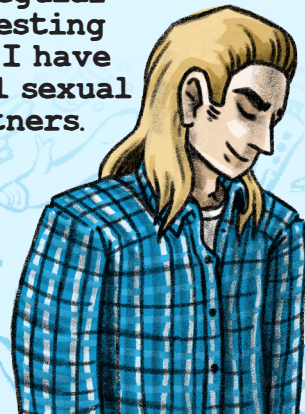
HIV and Harm Reduction

- Take PrEP*
- Use condoms/barriers
- Lube, lube, lube!
- Change positions while playing
- Choose sex activity like masturbation, oral sex, or massage
- Get tested for and treat STIs
- Limit casual sex partners
- Maintain body awareness (avoid pain or discomfort)
- Know your limits for substance use and drinking
- Use and promote Syringe Service Programs (SSP)
- Rotate injection sites and veins
- Use your own new kits and supplies and don't share
- Personalize syringes so you know which are yours
- Drink plenty of water
- Test for Hepatitis C (HCV) when you test for HIV

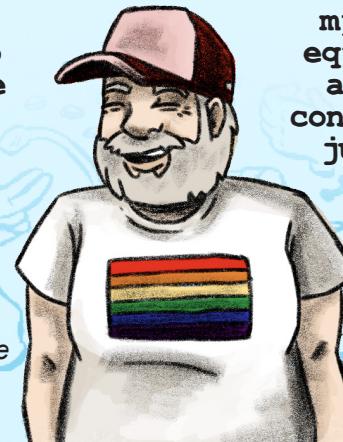
I'm living with HIV and take my meds daily to prevent passing the virus.



I use PrEP* and regular STI testing since I have several sexual partners.



I enjoy exchanging hand jobs - no sex fluids are swapped.



I never share my injection equipment and always keep condoms on hand just in case.

