



HIV Prevention Toolbox

HOW CAN YOU PREVENT HIV TRANSMISSION?

HIV Testing

Everyone between 13-64 years old should be tested for HIV at least once in their lifetime.

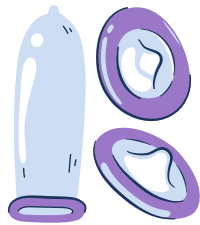
It's quick and it's as simple as a fingerstick.



Consider getting regularly tested for other sexually transmitted infections (STIs) like chlamydia, gonorrhea, and syphilis. Having an STI can make you more vulnerable to HIV.

Condoms

Condoms protect against HIV, other STIs, and pregnancy. There are internal and external versions depending on anatomy and preference.



U=U Undetectable Equals Untransmittable

People living with HIV who maintain an undetectable viral load by consistently taking their HIV medication cannot transmit HIV to their sexual partner(s).



Sterile Syringes & Equipment

HIV and other infectious diseases like hepatitis C can spread through sharing syringes and other items used to prepare and inject drugs. So, it is important to never share or reuse supplies.

Check out tinyurl.com/TNSSPs for services in TN.



PrEP Pre-Exposure Prophylaxis for HIV Prevention

PrEP is a medication used to prevent getting HIV through sex or injection drug use.

PrEP is...

- ✓ 1 pill per day or 1 injection every 2 months
- ✓ FDA-approved
- ✓ safe and effective
- ✓ for everyone who is HIV-negative and wants HIV protection



PEP Post-Exposure Prophylaxis for HIV Prevention

PEP also prevents HIV but must be **taken within 72 hours after being exposed to HIV**. PEP is...

- ✓ FDA-approved
- ✓ safe and effective
- ✓ for everyone who is HIV-negative and has been exposed to HIV in the past 72 hours



Combining Strategies

There are so many strategies to prevent HIV - talk to your provider and see what works best for you!

Combining strategies makes them more effective. Whatever strategies you choose, be sure you use them correctly and consistently.

Visit tinyurl.com/TNHIVPrevention for more information on how you can prevent HIV.



Have questions? Need HIV services?

Scan the QR code to locate services or contact example@tn.gov