

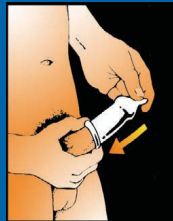
HIV / AIDS



Stay Safe - Get Tested



Put the condom on before you have any skin-to-skin contact. Once the penis is hard, place the condom on the head of the penis. Pinch the tip of the condom to squeeze out air, which gives room for semen.



Slowly roll the condom all the way down the penis while pinching the tip. If uncircumcised (uncut), gently pull back the foreskin with one hand while rolling the condom down the penis with the other hand. If you start rolling it down and discover the condom is inside out, throw it away and start with a new condom.



Once you ejaculate, slowly pull out while the penis is still hard. Hold the condom in place at the base of the penis while pulling it out.



Roll the condom off the penis and away from your partner. Throw used condoms in the trash, not the toilet. Never use a condom more than once.

- Preferably use water-based lubricants such as KY and AstroGlide to help reduce friction and keep the condom from tearing. Using oil-based lubricants such as Vaseline can cause the condom to break.
- Different kinds of condoms feel different. If you don't like the condom you use, try another brand or style instead of skipping the condom.
- Store condoms in a cool, dry place. Do not keep them in your wallet or car. Don't use out-of-date condoms. Check the expiration date on the package before using the condom.

For more information on HIV: Deafmd.org

To find a place to get tested, go to

KNOW MY STATUS.ORG

Or scan this QR code with your smartphone:



TEXAS
Health and Human
Services

Texas Department of State
Health Services

For help getting HIV drugs:
Contact the Texas HIV Medication Program:
800-255-1090
Contact a local VRS to speak with a medication
program staff member.

Created in partnership with Austin Community College,
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WHAT IS HIV? WHAT IS AIDS?

Human Immunodeficiency Virus (HIV) is a virus that attacks your body's ability to fight illness.

Acquired Immunodeficiency Syndrome (AIDS) is the disease you get from HIV.

You can get HIV from the blood, semen, vaginal fluids, or breast milk of someone who has HIV. HIV is most often passed from one person to another during sex. You can also get HIV by sharing needles or other equipment (works) to shoot drugs.

Anyone can get HIV. But you can prevent getting it. The best way to prevent HIV is not to have sex or shoot drugs (insert drugs in your veins with a needle).

HIV AND SEX

- Use a condom every time you have sex
- Get tested and ask your partner to get tested
- Be monogamous (have only one sexual partner)
- Talk to your healthcare provider about PrEP (pre-exposure prophylaxis). PrEP is a medicine that reduces your chances of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV



HIV AND CONDOMLESS SEX

Having unprotected sex without a condom is the most common way people get HIV.

- Anal sex is the highest-risk sex. The person being penetrated is at higher risk than the person who penetrates
- Vaginal sex is the second highest-risk sex. The person being penetrated is at higher risk to HIV than it is for the penetrator
- Oral sex can also transmit HIV but has a lower risk than anal or vaginal sex. The risk from oral sex is higher if it is ejaculated in your mouth
- Having sex with more than one person or having other sexually transmitted diseases can increase the risk of HIV

HIV AND DRUG EQUIPMENT(WORKS)



You can get HIV by sharing syringes (needles). Sharing cookers, cotton, and water to prepare drugs can also spread HIV. If you cannot stop using, take these steps to reduce the risk.

- Never share drug equipment used by someone else. Use a new, sterile syringe every time you inject drugs. Use new cookers, cotton, and clean, fresh water to prepare drugs
- If you cannot get a new syringe, clean the one you have:
 1. Rinse the syringe with clean water three times
 2. Fill the syringe to the top with full-strength bleach. Shake for 30 seconds
 3. Repeat above steps three times. Last, fill the syringe with clean water and rinse it three times

For more information visit- HarmReduction.org

MYTHS AND FACTS ABOUT HIV

Many misconceptions exist about HIV that cause fear and worry. Here is a list of facts about HIV.

- HIV does not spread by touching, kissing, hugging, or other casual contact
- HIV does not spread by sharing plates, cups and eating utensils with a person that has HIV
- HIV does not spread by using a public shower, toilet, water fountain, swimming pool, or hot tub
- HIV does not spread from pets to people
- HIV does not spread from household objects like doorknobs, furniture, or telephones
- HIV does not spread from sneezing either
- Yes, a woman with HIV can have a baby. But it is very important that you see a doctor before getting pregnant. You can reduce the risk of passing HIV to your baby by following proper antiretroviral treatment during pregnancy, having only a C-section delivery, and avoiding breastfeeding

HIV TREATMENT



If you think you have HIV or AIDS, see your doctor. If you do not want to see your regular doctor, you can still get tested.

Contact your local health department or an HIV services agency and ask for an interpreter.

HIV can be treated, but not cured. There are programs to help pay for treatment if you cannot afford it.