

HIV/AIDS Message for Q1

There are several steps you can take as an individual to reduce risk of getting infected with HIV/AIDS. They include the following:

1. **Using condoms consistently and correctly.**
2. **Choosing less risky sexual behaviours.**
 - ✓ e.g Reducing number of sexual partners and avoiding drugs and substance abuse.
3. **Talking to your doctor about pre-exposure prophylaxis (PEP).**
 - ✓ Talk to your doctor right away (within 3 days) about post-exposure prophylaxis (PEP) if you have a possible exposure to HIV.
4. **Getting tested and treated for other sexually transmitted diseases (STDs) and encourage your partner (s) to do the same.**
5. **Encouraging your partner to get and stay on treatment if he/she is HIV -Positive.**
 - ✓ ART reduces the amount of HIV virus (viral load) in blood and body fluids. If taken consistently and correctly, ART can keep people with HIV virus healthy for many years, and greatly reduce their chance of transmitting HIV to sex partners.
6. **Knowing your HIV Status through voluntary testing.**