The good news is, HIV is preventable with a few easy steps.

01 Practice Abstinence
The only sure way to prevent HIV is by not having sex. You are your safest partner.

02 Talk with Your Partner(s)
Make sure you and your partner(s) are on the same page when it comes to safer sex, especially when preventing or managing HIV.

03 Practice Safer Sex
Using condoms correctly every time can be 98% effective in preventing HIV, STIs and pregnancy.

04 HIV Testing
Getting tested is important for your health, your partner’s health and any other possible future partners.

05 PrEP and PEP for HIV
PrEP can reduce the risk of HIV from sex by 99% and from needle use by 75%. PEP is a medication taken after possible exposure and should only be taken in emergency situations.