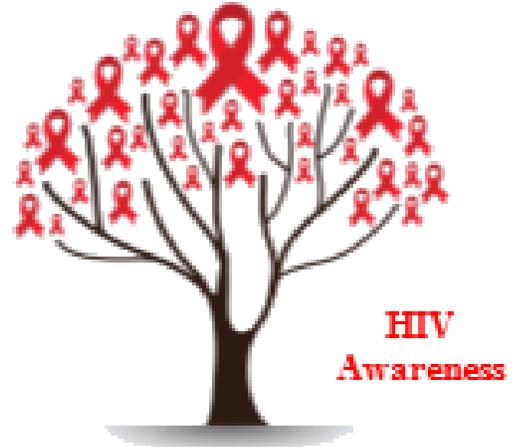# HIV Awareness

What is HIV?

The Human Immunodeficiency Virus (HIV) is an infection that prevents a person's immune system from functioning properly. Your body cannot get rid of HIV completely, so once you get HIV, you have it for life. Currently there is no cure but there are several effective medications to manage the infection. .

How can you prevent HIV?

There are three great ways to prevent the spread of HIV:

1) Use safer sex practices—Use condoms and lube, limit the number of partners, and know your status and the status of our partners.
2) Get on PrEP if you are HIV negative—PrEP is a once/day medicine that helps protect your body from getting HIV. It is very effective and available from most providers, including the health department.
3) Stay on your medicine if you are HIV positive—Research shows that when someone has their infection under control there is no risk of spreading HIV to partners.

Who needs to get tested and where can you do that?

Anyone who is or has been sexually active should get routine STI screenings. The health department offers sexual health clinics and provides rapid tests for free. At home test kits are available for those who can't attend clinics or in-person testing services.

For more information:

Call Jason Elliott, Community Testing Coordinator, at (434)989-3292 or visit www.TJHD.org

THOMAS JEFFERSON HEALTH DISTRICT
WORKING TOGETHER FOR A HEALTHY COMMUNITY

12/18

Health Whys

A public health message from
www.tjhd.org

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