

SIMPLE ADVICE TO PREVENT HIV:

- Abstain from sex.
- Don't have sex with people you don't know.
- Reduce the number of people you have sex with.
- Engage in a monogamous relationship where you and your partner speak openly about your sexual history.
- Talk with your potential sexual partner about testing for STDs and HIV.
- Practice safe sex. Use a condom or appropriate barrier method (dental dam) every time you have sex (vaginal, anal, or oral) with someone. *(While barrier methods can reduce the risk of transmitting HIV, not all are 100% effective. CDC recommends using condoms and dental dams [for oral sex]).*
- Don't share needles or any other type of device used to inject drugs or other substances into your body.

CLINICAL TRIALS AND YOU

When discussing treatment options with your healthcare provider, ask about participating in clinical trials. Learn more at: www.clinicaltrials.gov



RESOURCES

Men's Health Resource Center
www.MensHealthResourceCenter.com

Men's Health Library
www.MensHealthLibrary.com

AIDS info
www.aidsinfo.nih.gov

Health HIV
www.healthhiv.org

The AIDS Institute
www.theaidsinstitute.org

East Tennessee Foundation
www.easttennesseefoundation.org

For information about screening guidelines, visit
www.GetItChecked.com

Visit the store for helpful materials.
www.mhnstore.com

AND CELEBRATE
Men's Health Month
www.MensHealthMonth.org



PLEASE NOTE: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your healthcare provider about your need for specific health screenings.

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Men & HIV/AIDS: PROTECT YOURSELF



- There are approximately 50,000 new HIV infections in the U.S. each year.
- More than 1.2 million people age 13 and older in the U.S. are living with HIV.
- 1 in 8 people with HIV don't know they have it.
- 50% of young people who have HIV don't know it.

MHN Men's Health Network™
www.menshealthnetwork.org

WHO IS AT RISK?

- **Anyone who has had sexual contact with an HIV positive man or woman.**
- **Anyone who has taken drugs intravenously and shared needles.**
- **Anyone who has had sex with someone who shared needles.**
- **Anyone who has an STD, such as syphilis, gonorrhea, or herpes, is more likely to get HIV.**

WHAT ARE HIV AND AIDS?

Human immunodeficiency virus (HIV) is a sexually transmitted disease (STD) that weakens the immune system and blocks the body's ability to fight the virus. Once someone is diagnosed with HIV, they will live with the virus for the rest of their lives.

Over time, HIV may evolve into **Acquired Immunodeficiency Syndrome (AIDS)**. AIDS is a disease that requires constant medical attention and treatment. It's important to know that AIDS is a potentially life-threatening disease.



HOW IS HIV TRANSMITTED?

An HIV-positive person can transmit HIV through contact with their body fluids (vaginal secretions or semen), blood, and even breast milk. The most common way HIV is passed on to another person is through sexual contact (vaginal, oral, or anal sex). Sharing needles and other devices that are used for drug use, medications, or tattoos. Piercings that have been used by someone with HIV can also pass the virus to you.

It's important to note that **HIV CANNOT** be transmitted by physical contact such as a hug or handshake. Also, **HIV CANNOT** be passed by kissing, the exchange of sweat or urine, using a toilet seat, or by sharing utensils or drinking glasses.

HOW CAN A PERSON GET TESTED FOR HIV?

HIV testing looks for the antibodies that your body makes in response to HIV infection, or a combination of these antibodies and antigens (part of the virus itself). A positive test means that you have HIV. A negative test could mean you do not have HIV,—or—that you might have HIV but it is in the beginning stages and has not caused your body to make enough antibodies to test positive.



WHAT IS THE HIV TEST?

There are several different methods to test for HIV.

- **Blood test**—a healthcare provider takes a small amount of blood from your arm or finger.
- **Oral test**—a cotton swab is rubbed against your gums or the inside of your cheek to take a small sample of oral fluid.
- **Urine sample**

Some HIV tests can be done quickly, with results available in 20 to 30 minutes. Other tests are sent to a laboratory and can take up to 2 weeks to get the results.

COUNSELING

Medical facilities often offer counseling or can locate services to help you understand the results from your HIV test. They can also educate you on ways to prevent the disease.

Remember, getting tested isn't just important for you—it will also help protect your current and future partners.

TESTING POSITIVE:

Note: If you test positive for HIV or AIDS, speak to a counselor or your healthcare provider immediately.

HIV tests are nearly 100% accurate. If you have tested positive for HIV, it almost certainly means you have HIV.

Treating HIV in its early stages can help you stay healthy longer, and significantly reduce your chances of passing the virus to someone else. Locate a healthcare provider that can help you manage your HIV.

There are several agencies and qualified people that can assist with specific services if you have tested positive for HIV. You will find some of those listed under "Resources" in this brochure.

KNOWLEDGE IS POWER! GET TESTED EVERY 3 TO 6 MONTHS IF YOU ARE AT RISK FOR HIV.