

HIV Prevention & Treatment



HIV is a virus spread by anal or vaginal sex without a condom, by sharing injection equipment, and from pregnant person to baby during pregnancy, birth, or breastfeeding. There is no cure for HIV, but HIV treatment can help people live a longer and healthier life.

What to do

Get tested for HIV

- If you are sexually active or share syringes or other injection equipment, get tested at least once a year.
- Many places in Minnesota offer confidential, rapid HIV testing, with test results in 20 minutes or less.

Protect yourself from HIV

- Use condoms consistently and correctly during sex to prevent HIV.
- Do not share syringes or other injection equipment.

What to know

HIV is a chronic, manageable condition

Daily HIV medications keep the immune system functioning so that people living with HIV have long, healthy lives.

A daily pill can prevent HIV

Pre-Exposure Prophylaxis, or PrEP, is a daily medication that can prevent HIV infection.

- PrEP can stop HIV from taking hold and spreading throughout your body.
- Ask your doctor if PrEP is right for you.

HIV treatment prevents transmission

When taken daily, HIV medications decrease the amount of HIV present in blood to be too low to measure. It's called being undetectable.

A person living with HIV who gets and stays undetectable has effectively no risk of transmitting HIV to their sex partners.

Undetectable = Untransmittable (U=U)

For more information

- Minnesota Department of Health:
<http://www.health.state.mn.us/hiv>
- CDC's HIV testing locator:
<https://gettested.cdc.gov/>



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

Visit us at www.health.state.mn.us

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