

Break through the stigma — change what you know about HIV!



FACT 1: Getting tested for HIV is normal — do it!

HIV testing is easy, and many options are free, convenient, and discreet. While everyone should get tested at least once, people at higher risk should be tested more often, including:

- Anyone who has sex with someone with an unknown HIV status
- Anyone who has sex with someone who is HIV-positive
- Anyone who has condomless sex
- Anyone who shares needles or other equipment

Find a testing location: <https://www.columbus.gov/publichealth/programs/Sexual-Health/HIV-Testing/>

FACT 2: Prevention is for every status!

There are a lot of easy and effective ways to prevent HIV. Do your part and start by:

- Talking openly and honestly about HIV
- Using protection
- Taking PrEP or PEP
- Staying in treatment

Learn more about prevention: <https://www.columbus.gov/publichealth/programs/Sexual-Health/HIV-Prevention/>

FACT 3: HIV treatment works

There are more effective HIV treatment options than ever before, and they're getting better all the time. Here's how you can get started:

- Build a trusted and experienced care team
- Find the right mix of antiretroviral therapy (ART) drugs
- Track your progress regularly and make every visit count

Find a provider: <https://www.columbus.gov/publichealth/programs/Sexual-Health/HIV-Treatment/>

FACT 4: Undetectable equals untransmittable (U=U)

Effective HIV treatment plans can reduce the amount of the virus in a carrier's body to undetectable levels. That means there's no risk of passing it on to another person through sex.

Learn more about U=U: <https://www.preventionaccess.org/>

