

Be fearless — talk openly about HIV

Why do talks about HIV matter?

Open and honest talks about HIV help people living with, affected by, or at risk of HIV find support and acceptance. Conversations also help break through the stigma and provide opportunities to correct misconceptions that people often have about HIV.

Who can you talk to about HIV?

The simple answer is — anyone. Start with the people in your circle that you trust. Below are some examples on how you can get the conversation started.



Partners

Conversations with your partner(s) help make it clear where each of you stands and what you expect.

- *"Before we take this to the next level, I think we should get tested."*
- *"I want us both to stay safe, so it's important to me that we use protection when we have sex."*
- *"HIV treatment has come a long way over the years. With continued treatment, people living with HIV can lead normal and healthy lives without the risk of passing it on."*
- *"I want you to know that HIV is an important topic for me. And I want to do my part to educate those in my circle about how HIV has changed and help reduce the stigma."*



Friends and Family

Talking about HIV with friends and family helps normalize the topic and reduce attached stigmas.

- *"Did you know that HIV testing is recommended at least once for anyone sexually active?"*
- *"Did you know that there is a medication called PrEP that reduces the risk of getting HIV from sex by about 99%?"*
- *"Did you know that there are treatments for people living with HIV that reduces the amount of the virus in their body to undetectable levels? Meaning they can't spread the virus."*
- *"Being diagnosed with HIV is no longer a death sentence. People are now living normal, healthy lives because of all the advancements in prevention and effective treatments."*



Health Care Providers

Your doctor is your ally in health, and they are there to answer your questions and help you stay healthy and safe — without judgment.

- *"Given my lifestyle and sexual history, how often should I be tested for HIV?"*
- *"Can you tell me a little bit more about PrEP? I heard it can help prevent HIV, even after exposure."*
- *"If my test comes back that I'm HIV-positive, what are my treatment options and how effective are they?"*
- *"I know that HIV has changed a lot over the years. Can you tell me what HIV looks like in our current time?"*

Change what you
know about HIV.

Learn more at
www.columbus.gov/KnowHIV