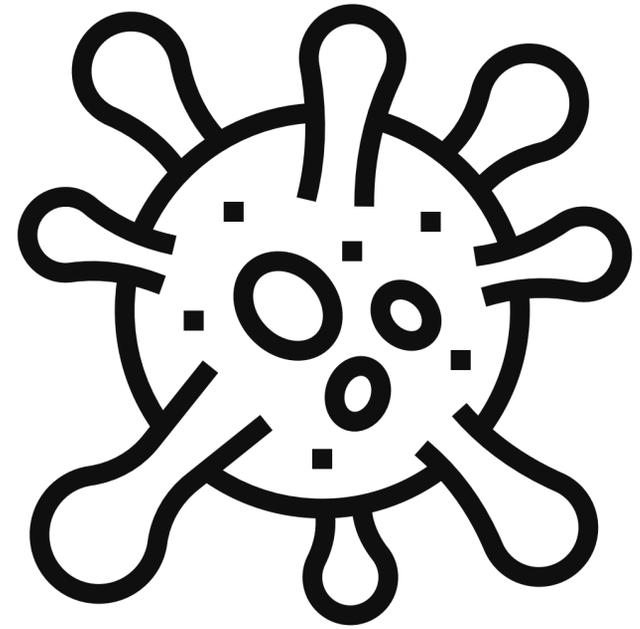


HUMAN IMMUNODEFICIENCY VIRUS (HIV)

What is HIV and AIDS

HIV is a virus that damages the body's immune system, making it harder to fight off other infections.

AIDS is the advanced stage of HIV, where the immune system can no longer fight off infections. Thanks to medication, people with HIV will not reach the AIDS stage as long as they know their status.



HIV Treatment

There is no cure for HIV, but there is treatment and it's really good. It allows people with HIV to live long, full, healthy lives.

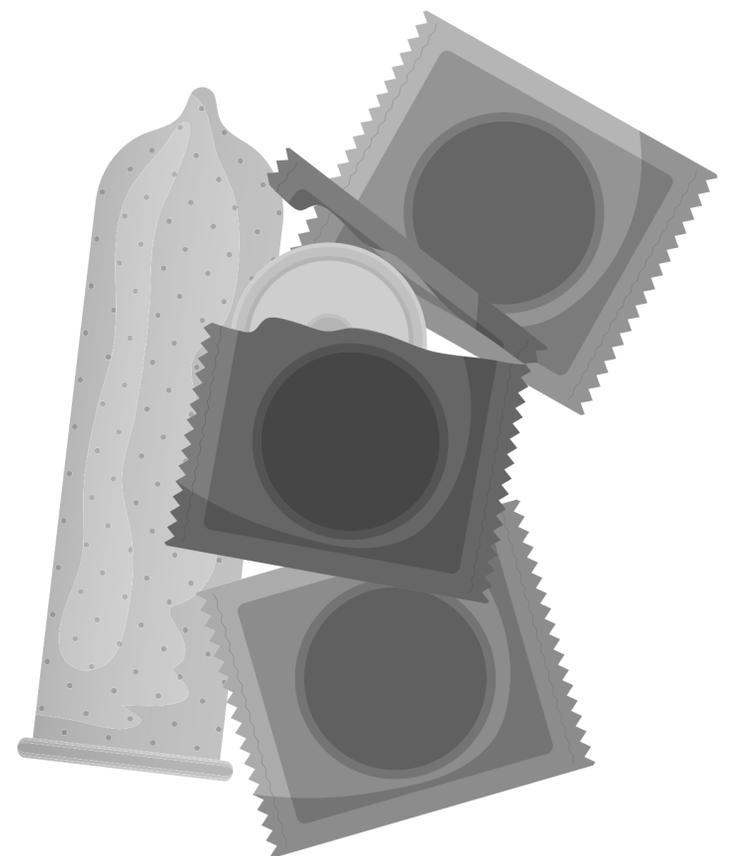
After a while on treatment people can no longer transmit the virus to others. We call this undetectable=untransmittable or U=U

How Does it Transmit?

The only fluids that pass HIV are:

- Blood
- Sex Fluids (cum. pre-cum, vaginal fluid, and anal fluid)
- Breast milk

All other fluids are 100% safe. You can make out with someone with HIV, share food, go in sweat lodges, hug, etc. with no risk of infection

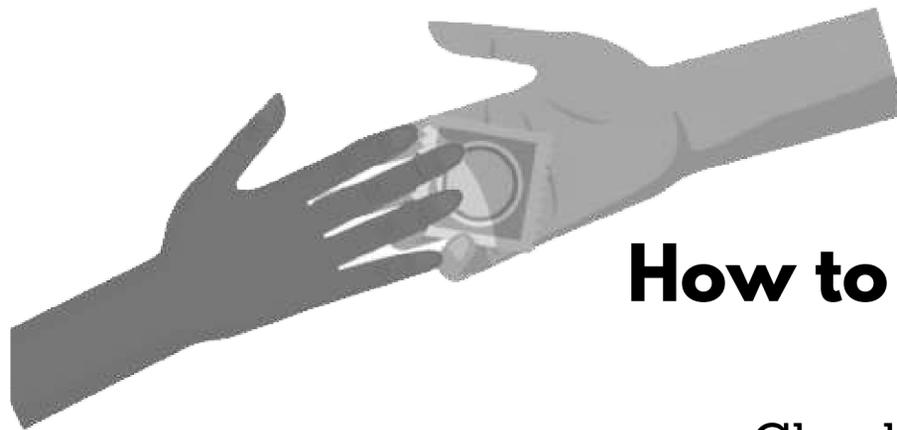


Risky Behaviours

- Unprotected vaginal & anal sex
- Sharing sex toys
- Breastfeeding (if parent is HIV+)
- Sharing drug works or needles (any kind)

Staying Safer

- Use condoms for anal and vaginal sex
- New condoms on sex toys for each partner
- Use formula (if parent is HIV+)
- Use new needles and don't share (Street Connections in Winnipeg and SERC Brandon do needle exchanges)

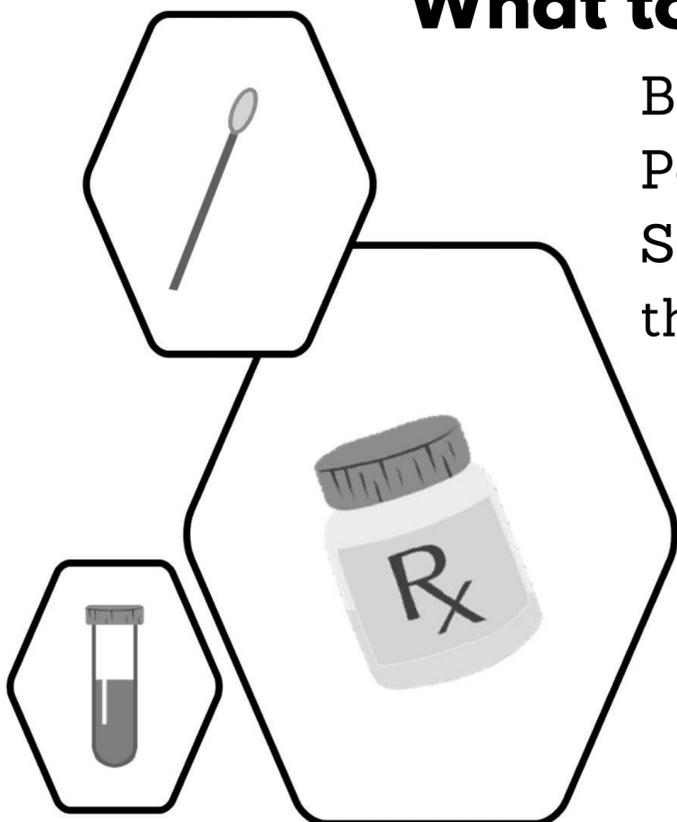


Scan this code for a video on using condoms or check out teentalk.ca

How to Use a Condom

- Check for rips/holes.
- Check the expiration date.
- Open and unroll 1 notch
- Hold the tip with a 3-finger pinch.
- Roll down with your other hand..

What to Expect at an HIV and STI test



- Blood sample
- Pee test
- Sometimes a swab of the mouth, or anus

Teen Clinics and Nursing Stations are great places to get tested. They are 100% confidential.

Find a clinic at teenclinic.ca