

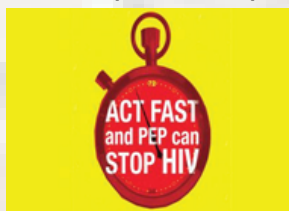
## HIV Testing and Counselling

Ensuring that you go with your partner for testing and counselling before engaging in sexual acts can prevent HIV. Both of you need to test together but not rely on your partner's results without testing. You may be HIV uninfected while your partner is infected even if you have had unprotected sex (Sero discordant)



## Use of PEP (Post-exposure Prophylaxis)

PEP is a treatment that is taken by a person who has been exposed to HIV for example accidents like rape, condom bust, prick with a sharp object that has been used on an infected person. For better results it's recommended that someone takes PEP within 48 hours of exposure to prevent a person from getting HIV.



## Use of PrEP (Pre-Exposure Prophylaxis)

PrEP is a daily pill that is taken by a person who does not have HIV (negative person) to prevent him/her from acquiring HIV. This pill is taken before exposure to HIV for as long as you are still at high risk and it can be several months or years. It is taken especially by those who are at a high risk of getting HIV; these may include people with multiple sexual partners, those who engage in anal sex, people in sero discordant relationships & those who inject or use drugs.



## Safe Male Circumcision

Safe male circumcision is the removal of the fore skin of the penis by a trained medical personnel. Safe male circumcision has been proven that it can prevent HIV. Both surgical & non-surgical circumcision is safe & offers HIV protection.



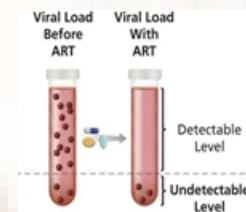
**Surgical Circumcision**



**Non-Surgical Circumcision**

## Use of Antiretroviral drugs(ART)

When a person who is infected with HIV takes his/her ARVs well, it stops the virus from multiplying in the body. The virus gets weakened (suppressed) to undetectable levels and the infected person can not pass it on to other people. Undetectable = Untransmissible



## Screening and Treatment of STI

Sexually transmitted infections (STIs) can lead to spread of HIV. For example if a person has wounds or blisters it makes it easier for HIV to enter the body. STIs also lower our body immunity making it more easier to get infected. Example of STIs include syphilis, gonorrhea, genital herpes.



## Use of Lubricants

Lubricants, or lube, make sex safer by reducing the risk of tears or damage to the vagina or anus caused by dryness or friction. It can also reduce the risk of a condom breaking. The water-based lubricants instead of oil-based lubricants, as oil-based lubricants (such as Vaseline) weaken the latex in condoms and can cause them to break.



## Behavior change:

A behavioral intervention may aim to reduce the number of sexual partners individuals have; improve treatment adherence among people living with HIV; increase the use of clean needles among people who inject drugs; or increase the consistent and correct use of condoms.



## Other Methods Under Research Include:

### The Dapirvine Vaginal Ring

It is a flexible, silicone vaginal ring that provides sustained release of the antiretroviral (ARV) drug to reduce the risk of HIV-I acquisition. The ring is inserted in the woman's vagina & removed by her self. It is the ARV drug dapivirine that is released from the ring that prevents a woman from acquiring the HIV virus.



### Vaccine

A vaccine is that medication/drug that a person is given before he/she is infected and teaches the body to prevent infection. In this case an HIV vaccine would teach the body how to prevent HIV infection. We do not yet have a vaccine that prevents HIV but there are many vaccine researches going on at Walter reed, IAVI and UVRI Entebbe.



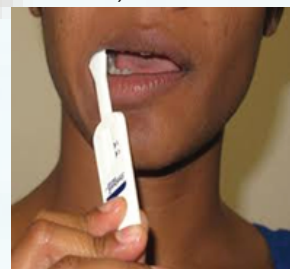
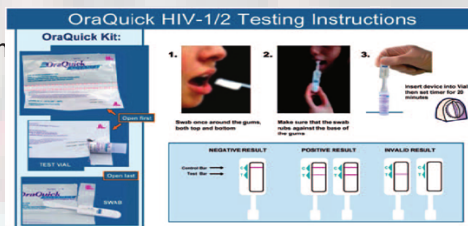
## Key points to note about HIV prevention

- ❖ Get tested and counselling with your partner to know your HIV status
- ❖ Limit your number of sexual partners
- ❖ Get tested and treated for STDs
- ❖ Talk to a health care provider about HIV prevention
- ❖ Be faithful to your partner
- ❖ Abstain from sex
- ❖ Always use condom correctly and consistently.

## New and Quick Method For Hiv Testing

### HIV Self testing

HIV self-testing (HIVST) is the process by which person who wants to know their HIV status performs an HIV test themselves & interprets the result in private. This is generally conducted using rapid test kit that is a mouth swab (on oral-fluid).



The one with 2 red lines shows HIV positive & one red line shows HIV negative.

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## What is HIV?

HIV is a virus that attacks cells in the human body and causes AIDS if one doesn't start on treatment. If the virus is not detected and treated, the immune system gradually weakens and AIDS develops. People who get tested and find out that they are infected can live a happy and long life if they start on treatment and adhere well.

## How is HIV Spread/Transmitted?

HIV is spread/ transmitted through body fluids of an HIV infected person like blood, Semen, Pre-seminal fluids, Vaginal fluid and Breast milk. HIV is mainly spread through having unprotected sex with an infected person, it can also be spread through sharing sharp objects & from mother to baby at birth or during breast feeding. HIV does not spread through hugging, shaking hands, sharing clothes etc.

## What are HIV prevention methods?

These are interventions that aim to stop the transmission of HIV from one person to another. HIV prevention programmes include combination of biomedical, behavioral & structural strategies.

## HIV prevention methods include;

**Abstinence from sex:** Anyone can prevent getting infected with HIV if he/she doesn't get involved in having sex. This method is highly effective in preventing HIV infection. Both young and adults abstain from sex if that is their choice.



## Being Faithful To Your Partner:

Being faithful to one partner when you are both not infected can prevent you from getting infected with HIV. It's important to know your partner's HIV status before deciding to be faithful to each other.



## Use of Male and Female Condoms:

Condoms are physical barriers that can reduce the risk of a sexual exposure to HIV because they are made of materials that do not allow HIV to pass through them. This makes condoms a highly effective strategy to reduce the risk of HIV transmission when used consistently and correctly. Condoms are a good method because they can prevent HIV, other STIs & unplanned pregnancy.



Male Condom



Female Condom