

# HIV/AIDS – Prevention



## Preventing the Spread of HIV - Sexual Activity

You can protect yourself from HIV/AIDS by:

**Abstinence** - If you are not having sexual contact of any kind (oral, anal, or vaginal), or taking drugs using needles, you are generally at no risk for HIV.

**Being faithful** - If you are in a mutually *monogamous relationship* (you and your partner are having sex only with each other and no one else) and you have **both** tested



negative for HIV, then you are not at risk for HIV infection. If you don't know your partner's HIV status, or can't be sure that your partner is faithful, the best way to protect yourself from HIV is to use a fresh

condom each and every time you have sex.



**Condoms** - It is important to use a condom correctly every

time you have sex. If you do not use a condom correctly, it can break or slip, which would put you and your partner at risk of infection. The more sexual partners you have, the greater the chance you have of getting a sexually transmitted disease (STD), including HIV. No method is 100% sure. But **condoms can be**

more than 98% effective when used correctly every time.

## Preventing the Spread of HIV - Injection Drug Use

If you use needles and syringes to inject drugs,



steroids, or for tattooing and piercing, don't share your equipment. Many people have been infected with HIV, *Hepatitis C*, and other viruses and bacteria this way. Blood from an infected person can stay in a needle and then be injected directly into the next person who uses the needle.

## Preventing the Spread of HIV - Mother-to-Child

The spread of HIV from mother-to-child is the most common way that children become infected with HIV. Infants who are HIV-positive may have been infected:



- During the mother's pregnancy
- During vaginal childbirth
- By drinking infected breast milk from their HIV-positive mother

Be sure to get answers to any questions you have about HIV/AIDS. Your public health department and health care provider can help.



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