

## How can I protect others? - Living with HIV, part 3

Share your HIV status with your sexual partners even if you are uncomfortable doing it. This allows you and your partner to take steps to keep both of you healthy.



Use condoms the right way every time you have sex.

Choose less risky sexual activities.

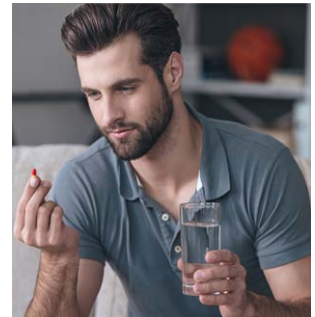
Get tested and treated for other sexually transmitted diseases, or STDs.

If you inject drugs, share your HIV status with your needle-sharing partners.

Never share your needles or “works” with anyone.

If you are an HIV infected mother, protect your baby from HIV by always feeding them formula instead of breastfeeding.

If you are HIV positive, be sure to take medicines called antiretroviral therapy or ART every day. This can keep you healthy and greatly reduce your chance of spreading HIV to others.



If your regular partner is HIV negative, talk with them about taking pre-exposure prophylaxis or PrEP, which is medicine taken every day to prevent HIV infection.

Keep learning all you can about HIV so that you can do everything possible to protect others and keep yourself healthy.



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

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