

BASICS OF HIV



Human immunodeficiency virus (HIV) attacks a person's immune system and makes it harder for the body to fight other infections and cancers. Untreated, HIV will gradually break down the immune system and advance into the most advanced stage of the infection: **Acquired Immunodeficiency Syndrome (AIDS)**.

The **EMPOWER** Lab
ENGAGING MINORITIES IN PREVENTION OUTREACH WELLNESS EDUCATION & RESEARCH

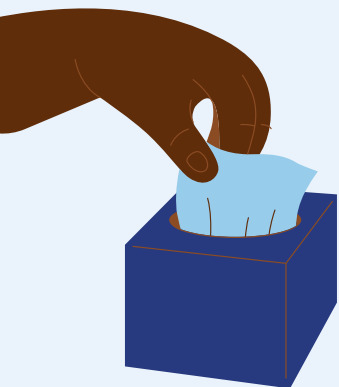
HIV IS SPREAD BY

contact with infected bodily fluids like; blood, semen, breast milk, vaginal fluids, or rectal fluids. HIV is mostly spread sexually, but it can be spread through needles used for intravenous drugs.



SYMPTOMS MAY APPEAR

like fever, chills, rash, fatigue, swollen lymph nodes, sore throat, muscle aches, and night sweats. However, other infections (like flu) can also cause these symptoms. Some people may not experience these symptoms during early stages of an HIV infection. If you think you've been exposed to HIV, **get tested**.



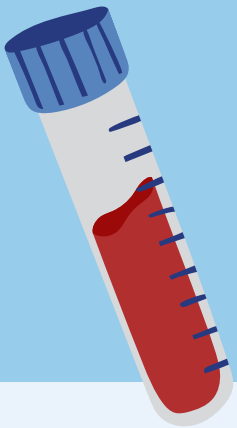
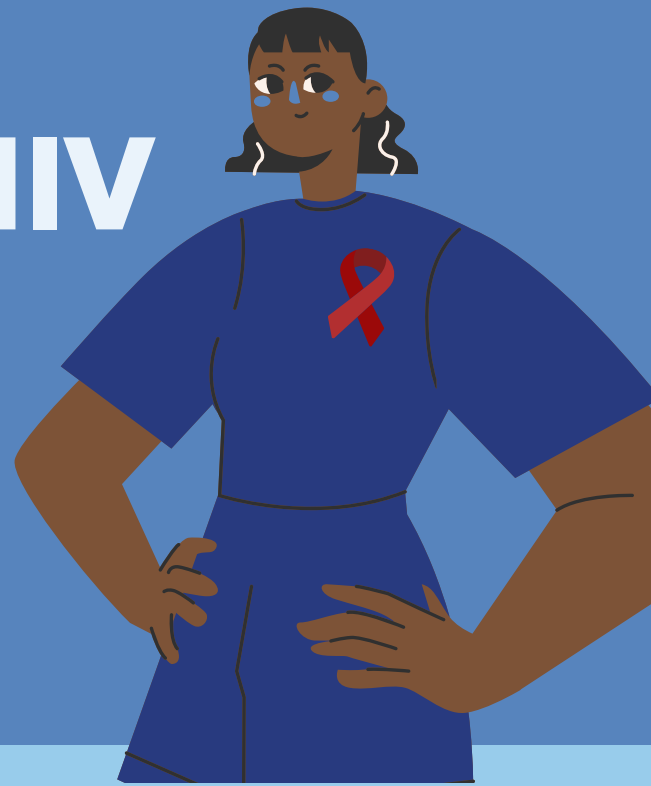
TREATMENT DOES EXIST

for those living with HIV. **Antiretroviral therapy (ART)** cannot cure HIV, but can help people live healthier and longer lives. It can also reduce the risk of transmission.



PREVENTING HIV

Over a million people in the US have **human immunodeficiency virus** (HIV), but about 15%— that's 1 in 7 —don't even know they have it. Being untreated not only damages their health, but also puts millions of other people at risk for infection.

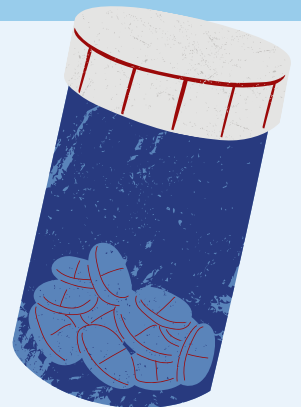


THE BEST THING TO DO

is to get tested! Whether you're worried about being exposed or you've simply never been tested before, finding out your HIV status is important to protecting yourself and others. Encourage sexual partners and friends to get regularly tested.

PREVENTATIVE MEDICINE EXISTS

for those worried about exposure through sexual activity or substance use. Ask your doctor about **pre-exposure prophylaxis** (PrEP). This medicine reduces risk of transmission and infection. It comes in pill or shot form.



SCAN THE QR CODE FOR
TESTING SITES
OR FOLLOW THE LINK:
[LOCATOR.HIV.GOV](https://locator.hiv.gov)



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Sources: Centers for Disease and Control and Prevention & HIV.GOV