HIV
The Facts

Learn about HIV
HIV is the virus that causes Human Immunodeficiency Virus (AIDS - Acquired Immune Deficiency Syndrome).
Everyone age 13+ should have an HIV test and know their status.

If you are living with HIV, treatment is:
• effective
• easy to take
• has few or no side effects.

HIV is a health condition that can be managed. People living with HIV can have a healthy life.
The only way to know if you have HIV for sure is to get an HIV test.
Ask to be tested.

Your provider will ask you if you want an HIV test, or you can ask for one yourself at any time. You can get a blood test or an oral (mouth) test. An oral test does NOT use needles.

If you do not have a primary care provider, you can find a place that offers testing by visiting www.hivtestny.org or by calling 1-800-541-2437.
Two main ways to get HIV:

You can get HIV by having vaginal or anal sex without a condom.

You can get HIV by sharing syringes, needles, and other things used to inject drugs.
HIV and pregnancy:

All pregnant women should be tested as early as possible in their pregnancy for HIV. If a woman is living with HIV there are medicines she can take to keep herself healthy and prevent the baby from getting HIV.

HIV can be passed from mother to baby during breastfeeding, talk to your doctor about your options.
Preventing HIV.

Partners can keep each other safe by knowing their HIV status and getting HIV treatment or taking HIV pre-exposure prophylaxis (PrEP).

PrEP is a daily pill that you can take to reduce worry about getting HIV. Ask your healthcare provider about PrEP.

A person living with HIV who is on HIV treatment and virally suppressed for 6 months or longer has effectively no risk of passing HIV to a partner through sex.

You can use a condom to help prevent HIV. Condoms work very well if used correctly each time you have sex.

Not sharing needles and practicing safer sex will help with prevention against HIV, hepatitis C and other STDs.
If you are a person who uses drugs:

If you are a person who uses drugs, use new needles each time. Do not share your works. Avoid buying needles on the street, even if they look new. You can get new needles at a syringe exchange. Call 1-800-541-2437 to find a syringe exchange or a drugstore that sells syringes. For Spanish speakers, call 1-800-233-7432.

If you are 18 or older, you can buy new needles at some (ESAP) drugstores. Look for this sticker, or ask if they sell syringes (needles).
You cannot get HIV from:

- Shaking Hands
- Food
- Water
- Hugging or Kissing
You cannot get HIV from:

- Sneezing
- Toilets
- Pets
- Mosquitos
- Other Bugs
New York State
HIV/AIDS Hotlines
1-800-541-2437 (English)
1-800-233-7432 (Spanish)
All calls are private. You do not need to give your name.

New York State HIV/AIDS TDD Information Line
1-800-638-5163

New York Relay
1-800-662-1220

For More Information
www.cdcnpin.org
www.health.ny.gov
www.thebody.com
www.prepforsex.org
www.hivtestny.org