

OUR HIV STATUS IS

MIXED.

POSITIVELY
UNDETECTABLE.

GETTING
TREATMENT CAN REDUCE THE RISK OF TRANSMITTING
HIV TO OTHERS BY AS MUCH AS 95%.

I KNOW ALL ABOUT
BEING PREPARED.

TOGETHER
WITH CONDOMS, PrEP CAN SIGNIFICANTLY REDUCE YOUR
RISK OF BEING INFECTED WITH HIV.

ONE POSITIVE
ONE NEGATIVE
ONE LOVE



IGNITE™ **YOUR KNOWLEDGE.**

Sparkling HIV Awareness & Prevention

Brought to you by Southwest Center for HIV/AIDS

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KEEP THE LINES OF COMMUNICATION OPEN

If you and your partner are in a mixed-status relationship, keeping the lines of communication open about safer sex practices and HIV prevention is key. Healthcare providers and Southwest Center's Behavioral Health Services and Intervention Services can be important sources of information and support for you and your partner.

01

IF YOU'RE HIV POSITIVE, STAY IN CARE

Get and stay on antiretroviral therapy (ART). ART reduces the amount of virus in your blood and body fluids. ART can keep you healthy for many years, and greatly reduce your chance of transmitting HIV to your sexual partners if you take it consistently and correctly.

IF YOU'RE HIV NEGATIVE, CONSIDER TAKING PREP

Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV but who are at risk to prevent HIV infection by taking a pill every day. When taken consistently, PrEP has been shown to reduce the risk of HIV infection by over 92%.

02

GET TESTED AND TREATED FOR STDs

If either of you are sexually active outside the partnership, you should get tested at least once a year. STDs can have long-term health consequences and can serve as an open door for HIV to be transmitted and acquired.

03

USE CONDOMS CONSISTENTLY AND CORRECTLY

When used correctly and consistently, condoms are highly effective in preventing HIV infection, as well as other sexually transmitted diseases (STDs). Both male and female condoms are available in a variety of sizes, textures, colors and flavors.

04

CHOOSE LESS-RISKY SEXUAL BEHAVIOR

Oral sex is much less risky than anal or vaginal sex. Anal sex is the highest-risk sexual activity and it is more risky for the HIV-positive partner to be the insertive partner ("top") than the receptive partner ("bottom").

05

ACT QUICKLY WITH ANY EXPOSURES USING PEP

Starting PEP as soon as possible after a potential HIV exposure is important: research has shown that PEP has little or no effect in preventing HIV infection if it is started more than 72 hours after HIV exposure.

06