



# WHILE WE HAVE YOUR ATTENTION LET'S TALK ABOUT HIV

## What Is HIV?

### Human Immunodeficiency Syndrome.

A virus that attacks the immune system.  
The immune system helps your body fight illness.

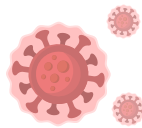
There is no cure for HIV, but treatment works very well, and people can live long, healthy lives.

## What Is AIDS?

### Acquired Immunodeficiency Syndrome.

HIV can lead to AIDS if it is not treated.  
AIDS means the immune system is badly damaged.

Many people with HIV never develop AIDS because they get treatment.



## How Does HIV Spread?

- Blood
- Semen
- Vaginal or anal fluids
- Breast milk



It can spread through sex without condoms, sharing needles, or contact with infected blood.

HIV is **NOT** spread by:

- Hugging
- Kissing
- Coughing
- Sweat
- Toilet seats
- Sharing food

## Symptoms & Testing

Many people have no symptoms for years.  
Early symptoms may feel like the flu.

Testing is the only way to know your status.  
**It's fast, easy, confidential, and often free.**

## How Can I Prevent HIV?



- Use condoms every time you have sex
- Do not share needles
- Get tested regularly

You can take medication to prevent you from getting HIV called **PrEP** and **PEP**.

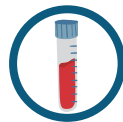
- **PrEP:** Take PrEP if HIV negative. Taken before exposure. It helps prevent getting HIV
- **PEP:** Taken after possible exposure (within 72 hours)

## HIV Treatment

HIV is treated with Antiretroviral Therapy (ART). ART protects your immune system, helps you live a healthy life, and prevents passing HIV to others.

### Undetectable = Untransmittable

Our Sexual Health Clinics offer free HIV testing, STD testing and treatment, HIV care, and free condoms.



Scan the QR code to learn more about our Sexual Health Clinics, HIV, STIs, PrEP, and more!

or visit:

[ph.lacounty.gov/chs/education.htm](http://ph.lacounty.gov/chs/education.htm)



COUNTY OF LOS ANGELES  
**Public Health**