

# 5 HIV FACTS

**1**

**People on effective HIV treatment can't pass it on**

Effective treatment for HIV suppresses the virus to such low levels that it can't harm you and you can't pass it on.

**2**

**HIV can't be passed on through day-to-day contact**

HIV can't be passed on through things like touching, kissing, sharing cutlery or glasses.

HIV can be passed on through sex without a condom but only if a person is not on effective treatment.

It can also be passed on through sharing needles and during pregnancy (but in the UK this is extremely rare because we have great treatment).

**3**

**HIV can affect anyone**

Some groups of people are affected by HIV more than others, but it can be passed on to anyone.

**4**

**People living with HIV can live long and healthy lives**

There isn't a cure for HIV, but there is excellent treatment. If you are diagnosed in good time and take your medication, you can have as long and healthy a life as everyone else.

**5**

**There are many ways to prevent HIV**

- Getting regularly tested for HIV if you are sexually active
- Taking PrEP or PEP (tablets which prevent HIV either before or just after you've been exposed to it)
- Using condoms
- Never sharing needles
- Taking your medication if you are living with HIV



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