THERE ARE MANY WAYS TO PREVENT HIV











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PrEP: Pre-Exposure Prophylaxis is medication which, when taken daily, is highly effective at preventing HIV transmission. It does not prevent the transmission of STIs, so regular condom use and testing is recommended.



U=U: *Undetectable equals Untransmissable*. People on HIV medication with an undetectable viral load cannot transmit HIV via sexual contact. If your partner is positive and has an undetectable viral load, your risk of contracting HIV is negligible. However, condom use and regular testing is recommended.



Condoms: Highly effective at preventing HIV transmission, as well as STIs. Regular testing is still recommended. You can buy condoms and water-based lube from pharmacies and supermarkets, or you can grab some freebies from LGBTIQ+ friendly spaces or sexual health clinics.



PEP: Post-Exposure Prophylaxis is a prescribed course of antiretroviral drugs that is taken soon after an exposure to HIV. Sometimes, unprotected sex happens in the heat of the moment. If you think you may have been exposed to HIV, contact the PEPline on 1300 767 161 to find out how to access it.

