

NO PLACE FOR STIGMA

Unfortunately, stigma around HIV still exists. The landscape of HIV has changed greatly since the AIDS epidemic, and it's time our attitudes changed too.

Everyone can challenge HIV stigma. Here are some ways how:

Learn about the history of HIV

Teach others about HIV

Understand how HIV transmission works

Stop using HIV and AIDS as a joke

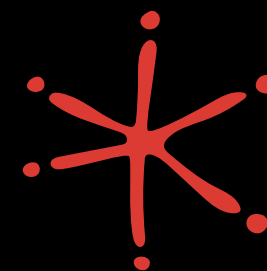
Encourage others to get tested

Normalise getting tested

Find out how to support PLHIV

Don't use stigmatising language

HIV does not discriminate, affecting everybody regardless of age, gender or sexuality.





HIV

TEST. TREAT. PREVENT



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HIV

HIV stands for Human Immunodeficiency Virus. It compromises the immune system which affects the body's ability to recover from infection and disease.

HIV is not AIDS. AIDS stands for Acquired Immune Deficiency Syndrome and can be the result of long-term untreated HIV. If timely treatment is accessed and maintained, AIDS can be prevented.

TESTING FOR HIV

It is important for all people to get tested for HIV, even if they are asymptomatic or don't believe they are part of a high-risk population.

The only way to know if a person has HIV is to have a test. Testing is recommended no more than every three months unless there has been potential exposure to HIV.

How can you get tested?

The most accurate tests involve a blood test at a GP or Sexual Health Clinic. This can detect HIV as soon as six weeks from exposure.

At home HIV testing kits (ATOMO) involves drawing blood through a finger prick with results provided in 15 minutes. Self tests are available for sale at WAAC, M Clinic, and Pharmacy 777.

TREATING HIV

A person living with HIV (PLHIV) is not defined by their HIV status.

People living with HIV can live long, happy, healthy lives. In Australia, it is possible to receive treatment and stop the progression into AIDS. This is called antiretroviral treatment (ART).

What is ART?

ART reduces the amount of HIV in the body (viral load), preventing further harm to the immune system. ART can be prescribed by specially trained healthcare providers called S100 prescribers.

Oral medication is highly effective. Most treatment involves only taking one tablet a day.

An exciting innovation in HIV treatment is the Cabenuva injection. This long-acting HIV regimen is administered once every two months.

In WA, HIV treatment is free to everyone through the public healthcare system. Your healthcare provider will work with you to find the most effective treatment option for you.

While HIV medication and PrEP may protect against HIV, they do not protect against STIs.

PREVENTING HIV

It is everyone's responsibility to actively prevent HIV transmission, regardless of your HIV status.

For people not living with HIV

PrEP (Pre-Exposure Prophylaxis) and PEP (Post-Exposure Prophylaxis) are medications containing a dose of ART that prevent contracting HIV.

PrEP can be taken daily to lower the chances of contracting HIV. This is taken before potential exposure to HIV.

PEP is a 4-week course of medication taken after a potential exposure to HIV. This is only effective when taken within 72 hours.

For people living with HIV

HIV transmission can be prevented if a PLHIV is taking their medication as prescribed.

If your blood tests show you have no detectable HIV (undetectable viral load), then the virus cannot be passed on to anyone else, meaning you can have sex with no risk of passing on HIV.

For everyone

There are a number of ways we can all practice the prevention of HIV. Some of these include:

- Not sharing injecting equipment
- Using sterile tattoo and piercing equipment
- Practising safer sex for all sexual activity.