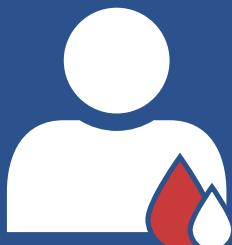




# HIV PREVENTION: What you need to know

HIV can be transmitted through exposure to a person living with HIV's:

- blood
- semen
- vaginal fluid
- rectal fluid
- breast or chest milk



You **cannot** get HIV from casual contact like:

- kissing
- hugging
- shaking hands
- sharing food

## It's unforgettable! **Undetectable = Untransmittable**

HIV is **not** passed on through sex when a person living with HIV is on treatment, and the amount of HIV in their blood remains very low.<sup>1</sup>

This is often referred to as being “Undetectable” as treatment can lower the amount of HIV so much that it doesn’t show up on standard tests.<sup>2</sup>



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

## Be PrEPared

**HIV pre-exposure prophylaxis (HIV PrEP)** is medication that you can take to prevent HIV if you don't already have it.



HIV PrEP is available as either a daily pill or as an injection you receive from a health professional every couple of months.

Talk to a health professional and ask them if HIV PrEP is right for you.

## PEP talk

**HIV post-exposure prophylaxis (HIV PEP)** is medication that you can take after a high-risk exposure to HIV to prevent an infection.



Start HIV PEP as soon as possible after exposure, up to a maximum of **72 hours** afterwards.

If you think you may have been recently exposed to HIV, visit a health professional right away and ask them if HIV PEP is right for you.

**Use condoms** or other physical barriers when unsure of the HIV status of your partner(s).



Avoid sharing equipment for drug-injection, tattoos and piercings. Use new equipment every time.



To learn more, visit **HIV and AIDS**

1. Defined as maintaining a viral load less than 200 copies of HIV per milliliter of blood measured every 4 to 6 months.
2. Due to ongoing advances in testing, the exact amount of HIV that is "undetectable" may continue to change, so it is important to remember that any test result that shows a number less than 200 copies/ml means that HIV cannot be passed on.