A Teen's Guide to HIV and AIDS



The most important thing you need to know about HIV, the virus that causes AIDS, is that you can protect yourself.

Teens are at risk

- HIV is passed through sexual contact and through sharing needles.
- Nearly one quarter of all new HIV infections occur in young people ages 13 to 24.

Not having sex is safest

- Abstinence (not having vaginal, anal or oral sex) gives you the most reliable protection from HIV.
- You can choose not to have sex now even if you've had sex before.

Never share needles

- Never share needles or syringes for drugs, steroids or vitamins.
- Never share needles or inks for tattoos, ear or body piercing.

Always protect yourself

- If you do have vaginal, anal or oral sex, always use a latex condom.
- Use only water-based lubricants such as K-Y jelly. Never use petroleum-based lubricants such as baby oil. They may cause the condom to break.
- Follow the directions that come with the condom. If you use them correctly and every time you have sex, condoms are very effective.

Talk to your partner about HIV

- Let your partner know that you care too much about him or her and about yourself to risk HIV infection.
- If you don't want to have sex or if you don't have a condom, say "No!"

Don't mix sex and drugs

- Alcohol or other drugs can make it harder to set sexual limits. Even if you mean to say no, you may not.
- If you are drunk or high, you may not be able to use a condom correctly.

Know about PrEP and PEP

- There is a medication called PrEP that can reduce your chance of getting HIV.
- PrEP is best for people who have a high risk of being exposed to HIV.
- Talk with your doctor or an HIV counselor. They can help you decide if PrEP is right for you.
- There is also an emergency medication, called PEP, that can reduce your risk of HIV infection. PEP must be taken within 72 hours of possible exposure.





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Remember the basics

- HIV, the virus that causes AIDS, is found in blood, semen, vaginal and rectal fluids, and breast milk.
- HIV is spread most often by having sex without using a condom or sharing needles.
- People can be infected with HIV without knowing. An HIV test is the only way to know for sure. Everyone should get tested for HIV at least once.
- Choosing not to have sex and never sharing needles are good ways to protect yourself.
- If you choose to have sex, have safer sex. This means correctly using a latex condom each time you have vaginal, anal or oral sex.
- ✓ There is still no cure for HIV or AIDS, but with medication HIV can be treated and managed.
- Treatment can reduce the chance of transmitting the virus to others.

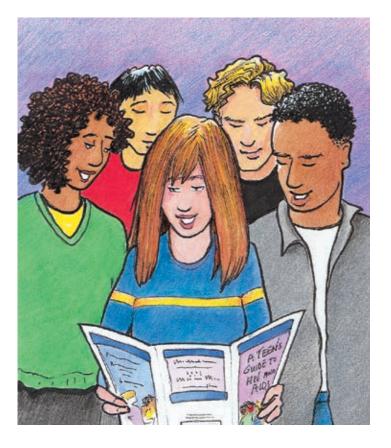
Your best protection is prevention!

Choose to be safe!

Getting the facts on HIV and AIDS is important. Look inside to learn how to protect yourself from HIV. For more information, visit cdc.gov/hiv



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