

GETTING MARRIED?



GET THE FACTS ABOUT HIV:

- Anyone can be infected with HIV. It doesn't matter if you are gay or straight, male or female.

HIV is spread through infected body fluids. These body fluids include:

- Blood
- Semen
- Vaginal secretions
- Breast milk
- Anal secretions
- Any other body fluids that have blood in them

You get HIV because of what you do, not who you are. You can get HIV through:

- Having vaginal, anal, or oral sex with an infected partner
- Sharing needles to shoot drugs, make tattoos, pierce body parts
- Mother to child during the birth process or breast feeding

You can't tell by looking if someone has HIV.

- There are no obvious signs that a person has HIV
- An HIV test is the only way to know for sure
- A person can pass HIV to you even if he or she doesn't look sick.

Knowing your HIV status and being under proper care can reduce the chance of your baby becoming HIV positive to an almost 0% chance.

Consider HIV testing for you and your partner if either of you has ever had sex, shared needles or other drug equipment or taken part in any other risky behavior.

How does an HIV test work?

- The HIV test looks for signs of HIV in your body (antibodies).
- A positive or reactive test result means you have been infected with HIV
- A negative or non-reactive test results may mean you are not infected.
 - A negative test result may also mean not enough time has passed after infection for signs (antibodies) to be found in your body
 - It can take up to 30 days for signs (antibodies) to show up in your body. In rare cases, it can take up to 3 months.
 - An HIV test in most county health departments is free or very low cost.

If you are HIV positive and pregnant - or thinking about becoming pregnant, ask your doctor what you can do to reduce the risk of your baby becoming HIV positive.

WHAT ABOUT CONDOMS?

- Using a latex or polyurethane condom every time you have sex until you are sure that you and your partner do not have HIV.
- You may need to be retested if either of you took part in any risky behavior since the last test.
- Condoms are not 100% effective (and some STD's* can be spread, even with a condom). But when used properly, condoms can help protect you and your partner.

* STD's are sexually transmitted diseases

Ask your healthcare provider about
PrEP (pre-exposure prophylaxis)

A medication taken every day to help prevent the transmission of HIV.

For anal and vaginal sex:

- Put the condom on as soon as the penis is hard. Do this before any vaginal, anal, or oral contact.
- Hold the tip of the condom. Unroll it to the base of the penis. Make sure there is no air in the tip.
- Use a water based lubricant for vaginal and anal sex.
- Do not use any oils, petroleum jelly, lotions, or vaginal products that have oil. These can make latex condoms break.
- Pull out right after "coming." Hold on to the condom as you pull out.

Not having sex is the only sure way to avoid getting HIV through sex.

For oral sex:

- Use an unlubricated latex condom for mouth to penis contact.
- Use a barrier, such as a latex square, for mouth to vagina or mouth to anus contact.

Do not make yourself or your partner bleed:

- Consider other ways to show love.

DO NOT USE DRUGS

- If you use drugs, get help to stop
- Until you stop, Never share needles or other drug "works"
- Clean your drug equipment with water, bleach, and more water – before and after each use.
- Using alcohol or other drugs can cause you to have sex without using a condom

HELP IS ONLY A PHONE CALL AWAY

To find out where to get an HIV test or for more information, call:

- Your doctor or a local health department
- Georgia HIV Resource Hub
 - <https://www.gacapus.com/>
- The Georgia HIV/STD Information Line
 - 1-800-551-2728

NOTE:

This fact sheet is not a substitute for the advice of a qualified healthcare provider.

BE SAFE. START YOUR MARRIAGE RIGHT!

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