

A close-up photograph of a man with short dark hair and glasses, wearing a black barber cape. A barber is using a yellow and silver electric clipper to trim his hair. The man has a slight smile and is looking towards the camera. The background is blurred, showing other people in a barbershop setting.

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NOW THAT
I KNOW
MY HIV STATUS,
I’M MOVING FORWARD
WITH CLARITY.”

 GILEAD | HIV

THE FIRST STEP TO MOVING FORWARD

Congratulations! You've made a good decision to get tested for HIV. While you may feel a bit nervous, which is natural, no matter what the result, getting tested is an important first step.

Once you know your status, talking to a doctor will help determine what is right for you. There are options to help prevent HIV. If you have HIV, there are medications available to treat it. Although there is no cure, with proper treatment and care, HIV treatment can help you live a longer and healthier life.

SEEING HIV IN A WHOLE NEW WAY

There's been a lot of progress made in the treatment of HIV. Taking treatment as prescribed can help many people with HIV live longer and healthier lives. Yet, there are still misconceptions and misinformation surrounding HIV. Bringing clarity to the myths and facts will help provide a better understanding of HIV and what steps you can take to protect yourself and your partner.



MYTH #1

If there are no symptoms, there is no need to get tested for HIV.

FACT

Even if you don't have symptoms, you can still have HIV.

Testing is the first step to knowing your status. No matter the test result, there are options for you. Although there is no cure for HIV, there are modern medicines to treat HIV and options to help prevent it, too. Effective treatment helps to manage HIV by keeping the amount of HIV in your blood (viral load) so low it cannot be measured by a lab test (undetectable). Keeping an undetectable viral load can protect your immune system and helps prevent transmission of HIV to others through sex.

MYTH #2

HIV is a death sentence.

FACT

HIV is *not* a death sentence. HIV is a chronic condition. While there is no cure, it can be managed with modern medicines when taken as prescribed by a doctor. These medicines can allow people with HIV to live a longer and healthier life. Once you know your status, talk to a doctor about next steps that are right for you.



MYTH #3

You can get the virus from someone living with HIV and on HIV treatment.

FACT

If someone is living with and being treated for HIV (and taking their medications as prescribed), the amount of HIV in their body (viral load) can be reduced to a level so low that it cannot be measured by a lab test (undetectable). Keeping an undetectable viral load helps prevent passing HIV to others through sex. This concept is referred to as U=U (Undetectable = Untransmittable).

MYTH #4

HIV is curable.

FACT

While there is no cure for HIV, today there are modern medicines to help control and manage the virus. If you have HIV, it's best to start treatment right away. Talk to a doctor who can help determine what is right for you.



MYTH #5

Practicing safe sex and using condoms is the only way to protect against getting HIV.

FACT

Beyond practicing safe sex, there are options to protect yourself and help prevent the transmission of HIV. If you are living with HIV, taking your treatment as prescribed can reduce your viral load to the point where it is so low, it is undetectable.

Staying undetectable can help prevent the spread of HIV to others through sex. People with HIV who achieve and maintain an undetectable viral load, the amount of HIV in the blood, cannot sexually transmit the virus to others. This is known as U=U (Undetectable = Untransmittable).

If you don't have HIV but are at risk, there are medicines called PrEP (pre-exposure prophylaxis), which, when taken regularly as prescribed, help prevent getting HIV. Talk to a doctor about what HIV prevention options are right for you.



SO, WHAT NOW?

You've already taken a big step by getting tested for HIV, and no matter what the result, the good news is that there's something you can do. Here are two other important steps you can take to continue moving forward:

■ TALK TO A DOCTOR

If you don't have HIV, a doctor can guide you on ways to help protect yourself and others from getting HIV through sex.

If you do have HIV, a doctor can counsel you on ways to manage it and help prevent passing it on to others through sex. It's best to start treatment right away because the sooner you start, the sooner you can stop the virus from further damaging your immune system.

■ MAKE ROUTINE TESTING PART OF YOUR LIFE

Routine testing is an important and normal part of self-care and sexual health. The CDC recommends that everyone between the ages of 13 and 64 should get tested for HIV at least once. People at higher risk should get tested more often.



RESOURCES

- For more information about HIV and resources, visit:
 - [HIVTESTNOW.COM](https://www.hivtestnow.com)
- To learn more about how HIV impacts your community and how HIV relates to your sexual health, visit:
 - [AIDSVU.com](https://www.aidsvu.com)
 - [Healthysexuals.com](https://www.healthysexuals.com)
 - [HelpStopTheVirus.com](https://www.helpstopthevirus.com)





WORKING TOGETHER AS A COMMUNITY TO PUT HIV IN THE PAST

Once everyone knows their status and is connected to the right options for them, we can move forward with clarity. Together we can help bring the HIV epidemic to an end.

[HIVTESTNOW.COM](https://www.hivtestnow.com)

