

10 WAYS TO BE AN HIV ADVOCATE

1

GET EDUCATED

Getting educated about HIV is often the first step toward advocacy. Knowing how the virus is transmitted and how it can be treated can help you make better decisions about your own care and well-being. It will also empower you to help others more effectively.



6

TALK ABOUT HIV

Discussing HIV with your family, friends and other people in your social circle isn't just a good way to find support—it's also a way to put a face to the epidemic and educate your loved ones about living with HIV today. You can also post about HIV and AIDS on social media.



2

KNOW YOUR RIGHTS

The rights of people living with HIV are protected under a wide array of laws that extend to housing, medical care, public facilities, education, transportation and more. Understanding these laws can help stop those who may discriminate against people living with HIV.



7

SHOP—AND GIVE BACK

There are many opportunities to fight HIV through your fashion and other purchases. Buying merchandise from HIV organizations—local, national or global—supports their cause and can also bring awareness to the epidemic and help end stigma.



3

VOLUNTEER

Consider assisting HIV organizations by volunteering once a week or once a month—whatever works for you. You can help out in many different ways. Examples include providing administrative assistance or doing community outreach.



8

SPEAK OUT

Standing up against injustice is as important as ever, and joining a network of people living with HIV is an effective way to do so. Such groups can help focus your HIV advocacy and link you to powerful people in your community, which will give your words more weight.



4

BE A MENTOR

Consider joining a support group or becoming a one-on-one mentor for others living with HIV. Helping people who are newly diagnosed navigate the health care system, secure housing or obtain other supportive services can help them live longer, healthier lives.



PROMOTE HIV TESTING

If you know your HIV status, you are better able to protect your health and the health of your sex partners. If you're HIV negative, get tested regularly. If you're living with HIV, talk to your friends about why getting tested is so important.

9

5

RAISE MONEY

Donating to HIV-related causes is also a form of advocacy. Plus, it's tax-deductible and may take only minutes of your time. Strapped for cash? Help raise money in grassroots ways. For example, participate in an AIDS Walk or organize a bake sale or other fundraising event.



SHARE YOUR STORY

Sharing your HIV status, whatever it is, isn't always easy, but doing so helps normalize HIV, which in turn combats stigma. Whether or not you're living with HIV, we're all fighting the virus together.

10



Go to [POZ.com/Advocacy](https://www.poz.com/Advocacy) for more information.

If your test result is **negative** (**non-reactive**)

When it comes to HIV **prevention**, the Centers for Disease Control and Prevention (CDC) recommends that ALL sexually active adults and adolescents be informed about PrEP (pre-exposure prophylaxis). PrEP means routinely taking prescription medicine before you're exposed to HIV to help reduce your chances of getting it. **Here are some steps you can take for yourself and your sexual partner(s):**

1

Talk to your healthcare provider

Have a conversation with your healthcare provider about all of your HIV prevention options, including PrEP.

2

Find out everything you can

Scan the QR codes and explore resources on your own to get tips on how to be proactive about protecting your sexual health, including understanding your HIV prevention options, like PrEP medications.

3

Maintain your sexual health

Regularly test for HIV and other sexually transmitted infections (STIs), use condoms, and communicate honestly with your partner(s). If you have been prescribed PrEP, continue to take it exactly as prescribed.

Whatever your **results** may be...

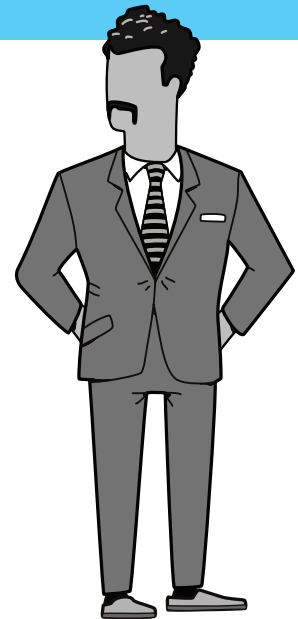
Speak with a healthcare provider:

1. How can I help protect myself and others?
2. How often should I get tested and retested?
3. How can I talk to my partner(s) about my status and theirs?

Share your status with partner(s)

It may not be easy, but having a conversation with your partner(s) about your HIV status can help:

- Normalize the conversation around status, sexual health, and testing
- Empower others to make informed decisions about their sexual health
- Encourage all people to have conversations and stay engaged with their healthcare providers



If your test result is **positive** (reactive)

Today, it's recommended that people living with HIV start **treatment** as soon as possible. Starting and staying on today's treatment can help you get to and stay at an undetectable status and prevent transmission of HIV to others through sex. **Here are some steps you can take for yourself and your sexual partner(s):**

1

Talk to your healthcare provider

Ask what your test results mean for you and find out about HIV treatments that could best fit your personal routine.

2

Find out everything you can

The more you know about HIV, the better. You can discover resources by scanning the QR codes, or even find helpful information on your own.

3

Maintain your sexual health

Use condoms, practice safer sex, and start and stay on the treatment discussed with your healthcare provider.

Helpful **terms** to know

TasP

Treatment as Prevention

If you're living with HIV, current research shows that taking HIV treatment as prescribed and getting to and staying undetectable prevents transmitting HIV to others through sex. **This is also known as U=U (undetectable=untransmittable).**

PrEP

Pre-Exposure Prophylaxis

PrEP (pre-exposure prophylaxis) means routinely taking prescription medicine **before you're exposed to HIV** to help reduce your chances of getting it. There are different PrEP options available, some of which are 99% effective. Just remember, PrEP doesn't protect against other STIs, so be sure to use condoms and other healthy sex practices.

Undetectable

A major goal of HIV treatment is getting your viral load to undetectable. Undetectable means that there is so little virus in the blood that a lab test can't measure it. If you have questions about your lab results and what it means to be undetectable, talk with your healthcare provider.



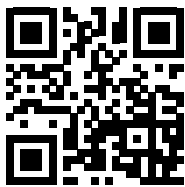
We can all fight against HIV

No matter what your HIV test results may be, staying educated on how to take care of yourself and your partner(s) is a key step to living a longer and healthier life.



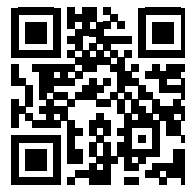
Model portrayal

Resources for you



HEALTHYSEXUAL[®]
www.Healthysexuals.com

Visit the link above for more information and educational resources about **PrEP**.



STOP THE VIRUS.
www.HelpStopTheVirus.com

Visit the link above for more information and educational resources about **HIV treatment**.



STOP THE VIRUS.

If you are living with HIV, talk to your healthcare provider about treatment options.