

Use a condom every time you have sex.



Put the condom on before you have any skin to skin contact.

Once the penis is hard, place the condom on the head of the penis. Pinch the tip of the condom to squeeze out air. This leaves room for semen.



Slowly roll the condom all the way down the penis while pinching the tip. If uncircumcised (uncut), gently pull back the foreskin with one hand while rolling the condom down the penis with the other hand. If you start rolling it down and discover the condom is inside out, throw it away and start with a new condom.



Once you ejaculate, slowly pull out while the penis is still hard. Hold the condom in place at the base of the penis while pulling out.



Roll the condom off the penis away from your partner. Throw used condoms in the trash, not the toilet.

Never use a condom more than once.

More condom tips:

- Using water-based lubricants such as KY and AstroGlide with condoms can help reduce friction and keep the condom from tearing. Only use water-based lubricants with condoms. Oil-based lubricants such as Vaseline can cause the condom to break.
- Different kinds of condoms feel different. If you don't like the first condom you use, try another brand or style.
- Store condoms in a cool, dry place. Do not keep them in a wallet or car.
- Don't use out-of-date condoms. Check the expiration date on the package before using the condom.

For more information on HIV:
Deafmd.org

To find a place to get tested, go to:

KNOW MY STATUS.ORG

Or scan this QR code with your smartphone:



For help getting HIV drugs:
Texas HIV Medication Program
800-255-1090

Contact a local VRS to
speak with a medication program
staff member



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HIV / AIDS



Stay Safe – Get Tested



HIV is a virus that attacks your body's ability to fight illness. AIDS is the disease you get from HIV. You get HIV from the blood, semen, vaginal fluids or breast milk of someone who has HIV.

HIV is most often passed from one person to another during sex. You can also get HIV by sharing needles or other equipment (works) to shoot drugs.

Anyone can get HIV. You cannot tell if someone has HIV just by looking at the person. HIV can be prevented.

The best way to prevent HIV is to not have sex or shoot drugs (put drugs in your veins with a needle).

If you have sex:

- **Use a condom** every time you have sex.
- **Get tested** and ask your partner to get tested.
- **Be monogamous** (both people have sex only with each other).



You can get HIV through unprotected sex.

Having sex without a condom is the most common way people get HIV.

- **Anal sex** is the highest-risk sex. The person being penetrated is at higher risk than the person who penetrates.
- **Vaginal sex** is the second highest-risk sex. It is easier for women to get HIV from men than it is for men to get HIV from women.
- **Oral sex** can transmit HIV, but is lower risk than anal or vaginal sex. The risk from oral sex is higher if the man ejaculates in your mouth.
- **Having sex with more than one person or having other sexually transmitted diseases** can increase the risk of HIV.

You can get HIV by sharing drug equipment (works).

You can get HIV from sharing syringes (needles). Sharing cookers, cotton, and water used to prepare drugs can also spread HIV. If you cannot stop using, take these steps to reduce your risk.

- **Never share drug equipment** used by someone else.
- **Use a new, sterile syringe** every time you inject drugs. Use new cookers and cotton, too.
- **Use clean, fresh water** to prepare drugs.
- **If you cannot get a new syringe, clean the one you have:**
 1. Rinse the syringe with clean water *three times*.
 2. Fill the syringe to the top with full-strength bleach. Shake for 30 seconds.
 3. Repeat steps one and two *three times*.
 4. Last, fill the syringe with clean water and rinse *three times*.

For more information visit HarmReduction.org



You can NOT get HIV from:

- Sharing plates, cups and eating utensils with a person that has HIV
- Using a public shower, toilet, water fountain,
- Using swimming pools or hot tubs
- Kissing, hugging or other casual contact
- From the pets of people with HIV
- From household objects like doorknobs or telephones
- From sneezing

If you think you have HIV or AIDS, see your doctor. If you do not want to see your regular doctor, you can still get tested.

Contact your local health department or an HIV services agency and ask for an interpreter.



HIV can be treated, but not cured. There are programs to help pay for treatment if you cannot afford it.

You can still have a baby if you have HIV.

It is very important that you see a doctor before getting pregnant.

