

## WHAT IF I AM LIVING WITH HIV?

There is no cure for HIV, but treatment and support are available – and they may even be free. If you find out you have HIV, see your doctor right away and begin treatment immediately.

## REMEMBER:

When you ask for the test, it is not just for your benefit. Getting tested shows that you care about your partner, your family, and your community. Living a healthy life in Texas includes regular HIV testing.

Call 2-1-1 (toll-free)

**OR TALK TO YOUR DOCTOR TODAY!**

KNOW MY **STATUS**.ORG



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

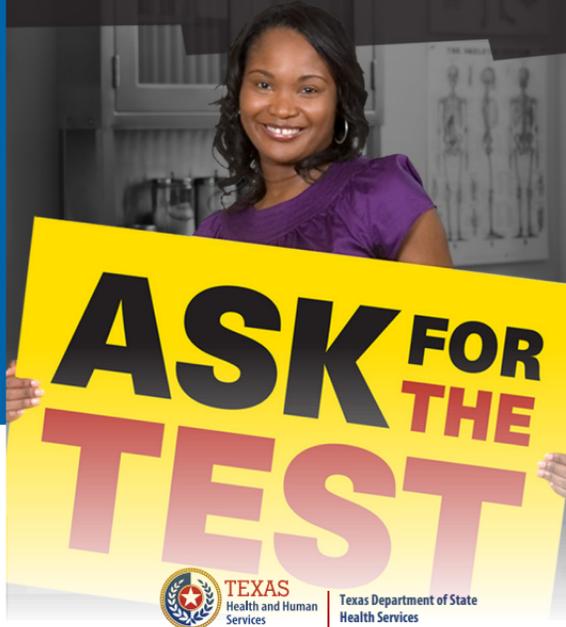
DSHS Stock No. 4-237

Revised 7/2023

Original Design by D.C. Department of Health

# HIV AFFECTS US ALL

**1 in 5 people living with HIV do not know.  
The only way to know your status is to get tested.**



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

## FAQ ABOUT HIV

### How does someone get HIV?

Most people get HIV through condomless sex or sharing needles or other injecting equipment (also called “works”). HIV can pass through blood, semen, vaginal fluid, and breast milk.

### What are the symptoms?

Some people have flu-like symptoms soon after acquiring HIV, but many show no signs for years – another reason to get tested regularly.

### How can I protect myself and my loved ones?

1. Make sure you and your partner know where you stand:
  - Do you both know your status?
  - Is it just the two of you?
  - If it is not, do you use condoms, pre-exposure prophylaxis (PrEP), or both?

Condoms can significantly reduce the risk of passing HIV when used correctly. PrEP is medicine people at risk for HIV take to prevent HIV.

2. If you use needles, do not share needles or works. Always use a new, sterile needle for every injection.

3. Pregnant women should test for HIV. If a woman is living with HIV, her doctor can treat her and her baby to keep the baby from acquiring HIV.

## HIV TESTING & TREATMENT

### How often do I get tested?

It depends. Everyone between the ages of 13 and 64 should test for HIV at least once. Think of it as a normal part of health care. If your doctor does not offer the test, ask.

Persons at greater vulnerability for HIV need to test more often. Sexually active gay, bisexual, and other men who have sex with men should test every three to six months.

You should test at least once a year if you:

- Share needles and other works
- Have sex with someone whose HIV status you do not know
- Have sex with more than one partner since your last HIV test
- Have sex with a partner who has had other sex partners since your last test
- Have had a sexually transmitted disease (STD)