HIV POST TEST COUNSELING

Behavior-Based HIV Prevention Strategies

1. Abstain from oral, vaginal and anal sex. Not having sex of any kind is the surest way to avoid contracting HIV.

2. Reduce your number of sexual partners

3. Condom Use
   - When used consistently and correctly, condoms are highly effective in preventing HIV.
   - Condoms come in many different shapes, sizes, and types. Find the types that you like the best and use them.
   - Student Health Services sells Ready-To-Go safer sex kits at affordable prices. Kits include condoms, lubricant, and dental dams.
   - Free condoms are also available in the Student Health Services lobby.

4. Use Lubricant
   - Use water-based or silicone-based lubricant for vaginal and anal sex.
   - Lubricant can make condoms slippery and less likely to break.
   - Lubricant can also help cut down on the dry kind of friction that can lead to tissues tearing. Tissue tearing can facilitate the spread of many STIs, including HIV, so remember to use lubricant during vaginal and anal sex.
   - Do not use oil-based lubricant as it can cause condoms and dental dams to break or tear.

5. Get Tested for STIs, including HIV
   - Get tested regularly if you are sexually active.
   - If you do not have symptoms or multiple partners, then you should not be screened more often than every 3 months. Annual screening is recommended for those at lower risk without symptoms.
   - Our current HIV test will detect an HIV infection as early as 12 days after exposure.

6. Be mindful of alcohol and drug use
   - Being drunk or high can impair your judgment, affecting your ability to make safer sex decisions.

Treatment-Based HIV Prevention Strategies

1. Pre-Exposure Prophylaxis (PrEP)
   - Involves taking a once-daily pill to reduce the chances of acquiring HIV.
   - Intended for HIV-negative people who are at high risk for HIV infection.
   - Users should continue using condoms while on PrEP to provide additional protection against STIs and pregnancy (if applicable).
   - When taken every day, PrEP has been shown to reduce the risk of HIV infection by more than 90% in people who are at high risk.
   - PrEP is available at Student Health Services.

2. Post-Exposure Prophylaxis (PEP)
   - Involves taking HIV medications immediately after a single high-risk event.
   - Medications stop HIV from replicating and spreading throughout the body.
   - Must be started as soon as possible, but no more than 72 hours after possible exposure to HIV. Timing is critical!
   - PEP doesn’t make you immune to HIV and does not guarantee someone exposed to HIV will not become HIV-positive.
   - PEP is available at Student Health Services.