



HIV / AIDS Awareness Month

Volunteering

Events +

HIV / AIDS Awareness Month

We won't die secret deaths anymore.

The world only spins forward. We will be citizens.

The time has come.

— Tony Kushner, Angels in America 1991

HIV is spread through direct contact with **certain body fluids** from someone who has HIV:

- + Blood
- + Semen and pre-seminal fluid
- + Rectal fluids
- + Vaginal fluids
- + Breast milk

You can **lower your risk** of getting **HIV** through sexual contact by:

- + Choosing less risky sexual behavior
- + Using condoms consistently & correctly
- + Reducing your number of sexual partners
- + Using HIV medication to reduce your risk
- + Getting tested and treated for other STDs
- + Encouraging HIV+ partner(s) to get and stay on HIV treatment

**The more of these actions you can take,
the safer you will be**

How is HIV transmitted?

HIV is transmitted predominantly by:

1. Having anal or vaginal sex with someone who has HIV without using a condom or taking medicines to prevent or treat HIV.
 - **Anal sex is the highest-risk sexual behavior.** For the HIV-negative partner, receptive anal sex (“bottoming”) is riskier than insertive anal sex (“topping”).
 - **Vaginal sex is the second highest-risk sexual behavior.**
2. Sharing needles or syringes, rinse water, or other equipment (“works”) used to prepare injection drugs with someone who has HIV. HIV can live in a used needle up to 42 days depending on temperature and other factors



Preventative Options? PrEP?

USING CONDOMS ALONG WITH OTHER PREVENTION METHODS CAN FURTHER REDUCE YOUR RISK OF GETTING HIV.



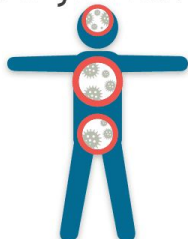
The more prevention methods you use, the safer you will be.

“PrEP” stands for **Pre-Exposure Prophylaxis**. PrEP is a way for people who don’t have HIV but who are at very high risk of getting it to *prevent* HIV infection by taking a pill every day. When taken every day, PrEP has been shown to reduce the risk of HIV infection in people who are at high risk by more than 90%. PrEP is much less effective if it is not taken consistently. PrEP can be even more effective if it is combined with other ways to prevent new HIV infections like condom use, drug abuse treatment, and treatment for people living with HIV to reduce the chance of passing the virus to others. For more information on PrEP visit our website:

<http://stonewalljapan.org/resources/sexual-health/>

How do I know if I have contracted HIV?

You can't rely **ON SYMPTOMS** to tell if you have **HIV**.

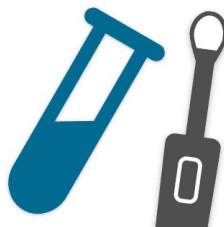


The only way to know for sure is to

GET TESTED

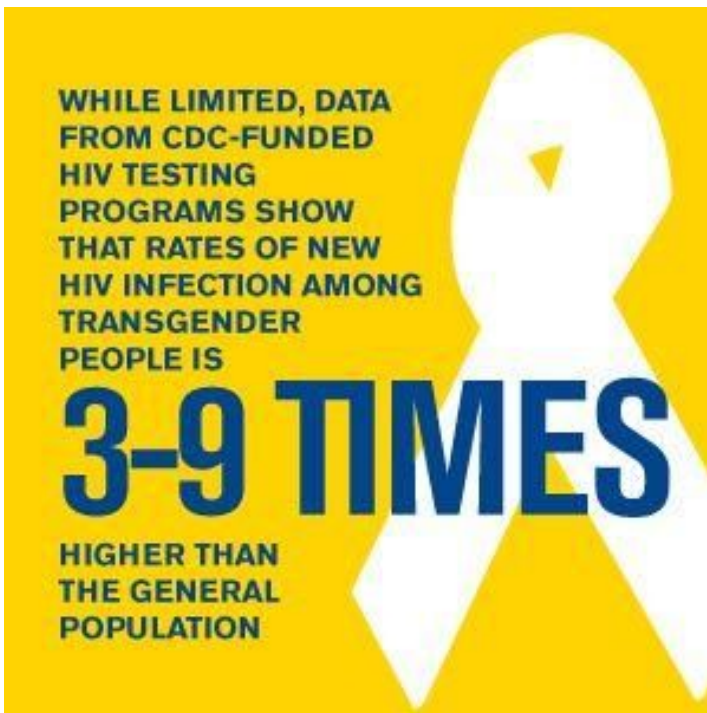
If you think you've been exposed to HIV,

GET TESTED
AS SOON **AS POSSIBLE!**



MANY HIV+ PEOPLE DO NOT HAVE SYMPTOMS. THEY DON'T LOOK OR FEEL SICK. OFTEN PEOPLE ONLY BEGIN TO FEEL SICK WHEN THEY PROGRESS TOWARD AIDS.

Who is most at risk?



Gay or bisexual men made up almost **2/3** of the **50,000** new infections in the U.S. in 2010.

Among the **13,801** heterosexuals diagnosed in the U.S. in 2011, **4,775** were men, and **9,026** were women.



HIV? AIDS? How to help?

“HIV” and “AIDS” can be confusing because both terms refer to the same disease. However, “HIV” refers to the virus itself, and “AIDS” refers to the [late stage of HIV infection](#), when an HIV-infected person’s immune system is severely damaged and has difficulty fighting diseases and certain cancers. Before the development of certain medications, people with HIV could progress to AIDS in just a few years. Today, most people who are HIV-positive don’t progress to AIDS.

HIV-related stigma and discrimination still persist [...]and negatively affect the health and well-being of people living with HIV. You can play an important role in reducing stigma and discrimination by offering your support to people living with HIV and speaking out to correct myths and stereotypes that you hear from others in your community. Since her discovery of HIV in 1983, Françoise Barré-Sinoussi (pic), has been instrumental in allying to inform the world about HIV. However, Nobel Peace prizes are not mandatory for supporting HIV awareness!



View [and share] the personal stories of people who are living healthy with HIV. Visit PositiveSpin.HIV.gov

Lastly, we’d like to give a big thank you to <https://www.aids.gov/hiv-aids-basics/index.html> for all the information. For more information about HIV/AIDS and testing in Japan, please visit Stonewall Japan’s Sexual Health Guide: <http://stonewalljapan.org/resources/sexual-health/>

