



HIV AND AIDS

WORLD AIDS DAY

Why should you get an HIV test? Knowing your status puts you in control and stops HIV from controlling you! Get tested, know your status, and live empowered.

Get tested to:

1. Gain access to life-changing HIV medications.

Although HIV medications, can't cure HIV, they can significantly improve your quality of life. If you don't know your HIV status, you won't have access to these life-changing medications. They are designed to help you live a longer, healthier, and normal life, but you need to start using them sooner rather than later to experience the benefits.

**"HIV MEDICATION
REDUCES THE VIRAL
LOAD ON YOUR BODY"**

2. Increase your CD4 cells for a stronger immune system.

HIV medication helps strengthen your immune system and decreases your symptoms of the virus, including fatigue, fevers, night sweats, mouth ulcers, and gastrointestinal issues, without causing many side effects).



3. Stop yourself from transmitting the virus to someone else.

Another benefit of HIV medication is that it slows HIV from spreading through your body. This means that people on HIV medication are less likely to transmit the virus to a sexual partner that is HIV negative. In fact, studies show that HIV medications can lower the risk of transmission by up to 96%.

More good news is that HIV-positive pregnant women, who use HIV medication, only have a 1% risk of transmitting HIV to their unborn child. Without medication, their risk of transmitting HIV to their babies increases to 15-40%.

When it comes to HIV, it's better to know your status. It can help [improve your health, help you live a normal life](#), and increase your longevity.