

3 HIV Prevention and Treatment

HIV Treatment



Medication for HIV is called **Antiretroviral Treatment (ART)** and is commonly known as "HIV treatment."



HIV treatment is not a cure for HIV, but it **does control the virus**. This allows the immune system to recover and enables people living with HIV to live long and productive lives.

To reduce risk of transmitting HIV

- **Always use a condom** and lubricant correctly when having vaginal or anal sex.
- **Get tested regularly** for HIV.
- **Start treatment early** – People living with HIV and on HIV treatment can achieve an undetectable viral load which means they cannot pass on the virus. This is known as "Undetectable equals Untransmittable" (U=U).
- **Take Pre-Exposure Prophylaxis (PrEP)** which is a daily pill to help prevent people who have regular unprotected anal or vaginal sex from getting HIV.
- **Access Post-Exposure Prophylaxis (PEP)** which is an anti-HIV medication that may prevent HIV if someone has recently been exposed to HIV, such as a healthcare worker through a needle-stick injury. This needs to be taken within 72 hours of exposure to the virus.

