**Q:What is the first thing i need to do to prevent HIV & AIDS?**

**Q: How do i prevent HIV and AIDS?**

**Q: Prevention**

**A:PREVENTION OF HIV & AIDS**

To prevent HIV & AIDS infection, you needs to be aware of the risks associated with being infected. It requires combination of medical awareness, social and behavioural attitude of individual. There are many ways of preventing HIV & AIDS: **Abstinence, Mutual Monogamy, Sharing Sharp Objects, Use of Condom, Mother to Child Transmission Prevention, Sexual Health Education, Taking HIV prevention medicine, PEP, Regular Testing and Knowing your HIV Status**

**Q: What are the most effective methods for preventing HIV transmission through sexual activity?**

**Q: How do I prevent HIV and AIDS as a sexually active person?**

**Q: How is sex related to prevention of HIV & AIDS?**

**Q: I would like to know more about prevention of HIV & AIDS**

**A: Abstinence:**

The simple and easy way of preventing HIV infection is by abstinence from sexual activities especially engaging in vaginal or anal sex.

Choose sex that is less risky than anal or vaginal sex. There is little to no risk of getting HIV through oral sex.

You can’t get HIV from sexual activities that don’t involve contact with body fluids (semen, vaginal fluid, or blood)

**A:Mutual Monogamy:**

Being in a mutually monogamous relationship with a partner who is HIV-negative and has been tested can reduce the risk of HIV transmission.

**A:Use of Condom:**

A condom is the most effective form of protection against HIV and other STIs. It can be used for vaginal and anal sex, and for oral sex performed on men.

Both male condoms and female condoms are available. They come in a variety of colours, textures, materials and flavours.

HIV can be passed on before ejaculation through pre-cum and vaginal secretions, and from the anus.

It's very important condoms are put on before any sexual contact occurs between the penis, vagina, mouth or anus.

**A:Sexual Health Education:**

Comprehensive education about safe sex practices, the transmission of HIV, and risk reduction strategies can empower individuals to make informed decisions.

**Q:How does consistent and correct condom use contribute to the prevention of HIV?**

**A:Use of Condom:**

A condom is the most effective form of protection against HIV and other STIs. It can be used for vaginal and anal sex, and for oral sex performed on men.

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It's very important condoms are put on before any sexual contact occurs between the penis, vagina, mouth or anus.

**Q:Can you explain the concept of PrEP (Pre-Exposure Prophylaxis) and its role in HIV prevention?**

**Q: What is PrEP?**

**Q: What is Pre Exposure Prophylaxis**

**Q Define Pre Exposure Prophylaxis or PrEP**

**A:Taking HIV prevention medicine:**

If you're HIV negative, you may be able to take pre-exposure prophylaxis (PrEP) medicine to reduce your risk of getting the virus.

PrEP is available for some people who are at high risk of HIV infection – for example, those whose partner is HIV positive.

It's available as a tablet, and is to be taken before you have sex and are exposed to HIV. You'll be able to get the medicine from sexual health clinics across England.

**Q:What is PEP (Post-Exposure Prophylaxis), and when is it recommended for preventing HIV infection?**

**Q: What is PEP?**

**Q: What is Post Exposure Prophylaxis**

**Q: Define Post Exposure Prophylaxis or PEP**

**Q: Can i get HIV & AIDS if i was raped?**

**Q: How does rape cause HIV & AIDS**

**A:Post Exposure to HIV or PEP**

PEP (post-exposure prophylaxis) means taking medicine to prevent HIV after a possible exposure.

If you recently think that you have been exposed to HIV either by sexual intercourse, sharing needles, syringes or any other sharp objects, please as a matter of urgency, you need to quickly speak with a closest health care professional (GP, health councilor, nurse, health care provider) who can help advise on what you need to do

Also, if you have been sexually assaulted e.g raped, please visit the nearest medical facility near you to speak with health care professional.

Do not keep it to yourself !

Do not be afraid to tell !

Do not be ashamed !

You need help right away!

Trust your health care provider to keep your information confidential

**Q: How does regular HIV testing contribute to prevention efforts?**

**Q: How do i know my HIV & AIDS status**

**Q: Testing and Knowing my HIV status**

**A: Regular Testing and Knowing your HIV Status**:

It is a good practice to have HIV test and know your status at intervals. If you are in habit of having unproctected sexual intercourse especially with someone you are not sure of his/her HIV status, you will probably require testing more.

Regular HIV testing helps individuals know their status, and those who are aware of their HIV-positive status can take steps to prevent transmission.

**Q:What are the key components of sexual health education aimed at preventing HIV?**

**A:Sexual Health Education:**

Comprehensive education about safe sex practices, the transmission of HIV, and risk reduction strategies can empower individuals to make informed decisions.

**Q:In what ways do needle exchange programs help prevent HIV transmission among intravenous drug users?**

**Q: What should i do if i have a sharp cut?**

**Q: Can I share sharp things with my friends or family?**

**Q: What objects should i not share with someone?**

**A:Sharing Sharp Objects:**

It's important not to share needles, syringes, injecting equipment such as spoons and swabs, or the actual drugs or liquids used to dilute them.

If you inject drugs, this could expose you to HIV and other viruses found in blood, such as hepatitis C.

If you're having a tattoo or piercing, it's important that a clean, sterilised needle is always used.

Always remember to go for testing if you feel you have been exposed to sharp objects.

**Q: How does male circumcision reduce the risk of heterosexual transmission of HIV?**

**Q: What is Male circumcision?**

**Q: Does female circumcision cause HIV & AIDS?**

**Q: How does male circumcision prevent HIV & AIDS?**

**A:Male Circumcision**

Talk to your health care provider about the risks and benefits of male circumcision.

Male circumcision does decrease the risk of getting HIV in some situations, but it doesn’t decrease the risk of HIV as much as other HIV prevention options.

Circumcised men are less likely than uncircumcised men to get HIV from vaginal sex with a partner with HIV.

Male circumcision does not decrease a woman’s risk of getting HIV.

The benefits of circumcision for gay and bisexual men are unknown.

Circumcised men should take other actions to prevent getting HIV or to protect their partners.

**Q: What role does antiretroviral therapy (ART) play in the prevention of HIV transmission?**

**Q: Explain antiretroviral therapy (ART)**

**Q: What is antiretroviral therapy (ART)**

**A:**The amount of HIV found in body fluids is called viral load. Taking effective HIV treatment (antiretroviral therapy) suppresses the amount of HIV in body fluids. This reduces viral load.

When someone with HIV takes treatment as prescribed, it reduces their viral load, which means it lowers the amount of HIV virus in the blood. If viral load gets extremely low, it's known as an undetectable viral load.

Having an undetectable viral load for 6 months or more means it is not possible to pass the virus on during sex. This is called undetectable=untransmittable (U=U), which can also be referred to as "treatment as prevention".

**Q:How can supporting LGBTQ+ rights contribute to HIV prevention efforts?**

**Q: How does LGBTQ+ rights prevent HIV & AIDS**

**A:Supporting LGBTQ+ Rights**:

Creating an inclusive and supportive environment for the LGBTQ+ community can help reduce stigma and discrimination, promoting safer sexual practices.

**Q:What measures are effective in preventing mother-to-child transmission of HIV during pregnancy, childbirth, and breastfeeding?**

**Q: Is it possible to transmit HIV & AIDS through birth?**

**Q: How does mother transmit HIV to baby**

**A:Mother to Child Transmission Prevention**

HIV can be passed on from an HIV-positive pregnant mother to her baby during pregnancy, childbirth or breastfeeding.

If you are pregnant and have HIV, taking antiretroviral treatment will stop HIV passing onto your baby.

Your baby will need at least three HIV tests in the first two years of their life to check that they are HIV-negative.

**Q:How do comprehensive healthcare services, including access to HIV testing and treatment, contribute to prevention strategies?**

**A:Post Exposure to HIV or PEP**

PEP (post-exposure prophylaxis) means taking medicine to prevent HIV after a possible exposure.

If you recently think that you have been exposed to HIV either by sexual intercourse, sharing needles, syringes or any other sharp objects, please as a matter of urgency, you need to quickly speak with a closest health care professional (GP, health councilor, nurse, health care provider) who can help advise on what you need to do

Also, if you have been sexually assaulted e.g raped, please visit the nearest medical facility near you to speak with health care professional.

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**A:Sexual Health Education:**

Comprehensive education about safe sex practices, the transmission of HIV, and risk reduction strategies can empower individuals to make informed decisions.

**A:Taking HIV prevention medicine:**

If you're HIV negative, you may be able to take pre-exposure prophylaxis (PrEP) medicine to reduce your risk of getting the virus.

PrEP is available for some people who are at high risk of HIV infection – for example, those whose partner is HIV positive.

It's available as a tablet, and is to be taken before you have sex and are exposed to HIV. You'll be able to get the medicine from sexual health clinics across England.

**A:Mother to Child Transmission Prevention**

HIV can be passed on from an HIV-positive pregnant mother to her baby during pregnancy, childbirth or breastfeeding.

If you are pregnant and have HIV, taking antiretroviral treatment will stop HIV passing onto your baby.

Your baby will need at least three HIV tests in the first two years of their life to check that they are HIV-negative.

**A:**The amount of HIV found in body fluids is called viral load. Taking effective HIV treatment (antiretroviral therapy) suppresses the amount of HIV in body fluids. This reduces viral load.

When someone with HIV takes treatment as prescribed, it reduces their viral load, which means it lowers the amount of HIV virus in the blood. If viral load gets extremely low, it's known as an undetectable viral load.

Having an undetectable viral load for 6 months or more means it is not possible to pass the virus on during sex. This is called undetectable=untransmittable (U=U), which can also be referred to as "treatment as prevention".

**A: Regular Testing and Knowing your HIV Status**:

It is a good practice to have HIV test and know your status at intervals. If you are in habit of having unproctected sexual intercourse especially with someone you are not sure of his/her HIV status, you will probably require testing more.

Regular HIV testing helps individuals know their status, and those who are aware of their HIV-positive status can take steps to prevent transmission.

**Q:Can you discuss the importance of combating stigma and discrimination in the context of HIV prevention?**

**A:Discrimination and Stigmatisation of HIV Person**

People living with HIV needs to be encouraged more to get tested and seek appropriate medical care so as to reduce possible spread of the infection.

**Q:How does promoting contraception and family planning contribute to the prevention of HIV and AIDS?**

**A:**Encouraging the use of contraception and family planning methods can help prevent unintended pregnancies and reduce the risk of mother-to-child transmission.

**A:Use of Condom:**

A condom is the most effective form of protection against HIV and other STIs. It can be used for vaginal and anal sex, and for oral sex performed on men.

Both male condoms and female condoms are available. They come in a variety of colours, textures, materials and flavours.

HIV can be passed on before ejaculation through pre-cum and vaginal secretions, and from the anus.

It's very important condoms are put on before any sexual contact occurs between the penis, vagina, mouth or anus.

**Q:What steps can be taken to create an inclusive and supportive environment for individuals at risk of HIV infection?**

**A:Sharing Sharp Objects:**

It's important not to share needles, syringes, injecting equipment such as spoons and swabs, or the actual drugs or liquids used to dilute them.

If you inject drugs, this could expose you to HIV and other viruses found in blood, such as hepatitis C.

If you're having a tattoo or piercing, it's important that a clean, sterilised needle is always used.

Always remember to go for testing if you feel you have been exposed to sharp objects.

**A:Supporting LGBTQ+ Rights**:

Creating an inclusive and supportive environment for the LGBTQ+ community can help reduce stigma and discrimination, promoting safer sexual practices.

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**A:Sexual Health Education:**

Comprehensive education about safe sex practices, the transmission of HIV, and risk reduction strategies can empower individuals to make informed decisions.

**Q:Can you explain the concept of "treatment as prevention" and its impact on reducing HIV transmission?**

**A:Taking HIV prevention medicine:**

If you're HIV negative, you may be able to take pre-exposure prophylaxis (PrEP) medicine to reduce your risk of getting the virus.

PrEP is available for some people who are at high risk of HIV infection – for example, those whose partner is HIV positive.

It's available as a tablet, and is to be taken before you have sex and are exposed to HIV. You'll be able to get the medicine from sexual health clinics across England.

**Q:Can I get vaccinated to prevent HIV?**

**A:**No vaccine is currently available to prevent HIV.

**Q: Can i be infected with HIV if i kiss?**

**Q: What is the best prevention method?**

**Q: What is Abstinence?**

**Q: Tell me the easy way to prevent HIV & AIDS**

**A: Abstinence:**

The simple and easy way of preventing HIV infection is by abstinence from sexual activities especially engaging in vaginal or anal sex.

Choose sex that is less risky than anal or vaginal sex. There is little to no risk of getting HIV through oral sex.

You can’t get HIV from sexual activities that don’t involve contact with body fluids (semen, vaginal fluid, or blood)

**Q: What is Mutual Monogamy?**

**A:**Mutual Monogamy means **b**eing in a mutually monogamous relationship with a partner who is HIV-negative and has been tested can reduce the risk of HIV transmission.

**Q: Use of Condom**

**Q: Explain use of condom**

**Q: How does use of condom prevent transmission of HIV & AIDS**

**Q: Does use of condom prevent HIV & AIDS?**

**A:** A condom is the most effective form of protection against HIV and other STIs. It can be used for vaginal and anal sex, and for oral sex performed on men.

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**Q: Explain Sexual Health Education**

**Q: What is Sexual Health Education**

**Q: How does sex health education prevents HIV & AIDS**

**A:Sexual Health Education:**

Comprehensive education about safe sex practices, the transmission of HIV, and risk reduction strategies can empower individuals to make informed decisions.

**Q: Does HIV have preventive drug?**

**Q: Is there a medication to prevent HIV & AIDS?**

**A: Taking HIV prevention medicine:**

If you're HIV negative, you may be able to take pre-exposure prophylaxis (PrEP) medicine to reduce your risk of getting the virus.

PrEP is available for some people who are at high risk of HIV infection – for example, those whose partner is HIV positive.

It's available as a tablet, and is to be taken before you have sex and are exposed to HIV. You'll be able to get the medicine from sexual health clinics across England. Speak with your GP or health adviser on what medication you might need.