

What are considered the most effective ways to prevent HIV transmission? Why? Which of these ways do you believe is the easiest to practice?

- Offering condoms
- Being aware, communication and education
- Offering health care, testing and treatment

From multiple sources and readings, one of the most effective ways to prevent HIV transmission is properly using a condom. Another effective way to prevent HIV transmission is being aware how HIV is transferred, simply more about it, and your partner's status of positivity, which can be learned through further education and simple communication with others. Also, offering health care throughout communities greatly helps in preventing HIV transmission. Being educated, knowing, and having the help health-wise when it comes to HIV/AIDS, causes more awareness, ways to get treatment, and guide good practices among people, in order for them to make advance and hopefully beneficial decisions in their day-to-day lives.

Based off the media, education, and settings that I experience through my daily life, I believe the easiest way to practice the prevention of HIV transmission, is properly using a condom, compared to other methods. For example, even just here throughout campus, free condoms are offered and very easy to get to (and even delivered) to students here at university. And the process of using condoms is simple to conduct also, where when applied and used correctly, greatly reduces the chances of getting HIV. A condom is a protection shield which can protect you and/or your partner(s) from getting HIV, but when the shield is broken or when one is not available to use at a time of battle, other methods can definitely be practiced during critical times of action.

Mayo Clinic Staff. "Prevention." *Mayo Clinic*. Mayo Foundation for Medical Education and Research, 21 July 2015. Web. 19 July 2017. <<http://www.mayoclinic.org/diseases-conditions/hiv-aids/basics/prevention/con-20013732>>.