



World AIDS Day is **December 1**

You help us keep moving forward
when you **talk**, **test**, **treat**.

talk

Talk with your partner **before** having sex.

Talk about **when** you were last tested and suggest getting tested together.

Talk to your healthcare provider about your sex life. Ask them about HIV and STI testing—including **what tests you need** and **how often**.

test

Get tested! It's the only way to **know for sure** if you have HIV or another STI.

Many STIs, including HIV, **don't cause any symptoms**, so you could have one and **not know**.

If you don't feel like you can ask your regular provider for an HIV or STI test, find a clinic that provides free or low-cost confidential testing.

treat

HIV and all other STIs are **treatable**.

If you test positive for an **STI**, work with your healthcare provider to get the right treatment.

If you test positive for **HIV**, your provider or testing location will connect you to treatment & resources! Successful HIV treatment can prevent the passing of HIV to partners. It also protects your own health.

Scan the QR code or visit **stophiviowa.org** for testing locations, prevention resources & more



**STOP
HIV
IOWA**