

We can stop HIV, Iowa—

by using the prevention methods that **work best for us!**



Find a health care provider you can talk to openly about your sexual health.

If you don't feel your regular provider can give you the best care in this area, consider finding a second provider for your sexual health care. The best provider for you is one you're comfortable with.



Make prevention and testing part of your journey.

Getting tested for HIV is the only way to know your status. And knowing your HIV status helps you choose options to stay healthy!



Practice safer sex.

Condoms are highly effective in preventing HIV and other STIs when used correctly and consistently. You can also choose sexual activities with a lower chance of passing along an infection.



Get in care. Stay in care.

If you're living with HIV, taking your HIV medication as prescribed helps you stay healthy. It also prevents transmission of HIV to your sex partners.

Scan the QR code or visit
stophiviowa.org to learn more



**STOP
HIV
IOWA**