

**Approximately 1.1 million people in the United States are living with HIV today. About 14% of them (1 in 7) are not aware of this and need testing.**

## How is HIV transmitted?

You can get HIV when you come in contact with these body fluids:

- Blood
- Semen and pre-seminal fluid
- Rectal fluids
- Vaginal fluids
- Breast milk



People who inject drugs and those who share needles, syringes, or other injection equipment are also at increased risk of getting infected with HIV.

## How is HIV NOT transmitted?

- Mosquitoes, ticks, or other insects
- Saliva, tears, or sweat that is not mixed with the blood of a person with HIV
- Shaking hands; hugging; sharing toilets; sharing dishes, silverware, or drinking glasses; or engaging in closed-mouth or social kissing with a person with HIV
- Drinking fountains
- Healthy, unbroken skin



## Who should get tested for HIV?

Everyone between the ages of 13 and 64 should get tested for HIV at least once. People at higher risk should get tested more often. If you were HIV-negative the last time you were tested, the test was more than 1 year ago, and you answer “yes” to any of the following questions, then you should get an HIV test as soon as possible:

- Are you a man who has had sex with another man?
- Are you a transgender woman?
- Have you had sex—anal or vaginal—with a partner who has HIV?
- Have you had more than one sex partner since your last HIV test?
- Have you injected drugs and shared needles, syringes, or other injection equipment with others?
- Have you exchanged sex for drugs or money?
- Have you been diagnosed with or treated for another sexually transmitted disease?
- Have you been diagnosed with or treated for hepatitis or tuberculosis (TB)?
- Have you had sex with someone who could answer “yes” to any of the above questions or someone whose sexual history is unknown?



*Everyone between the ages of 13 and 64 should get tested for HIV at least once.*

## Why get tested for HIV?

Testing is the only way to know your HIV status. Knowing your HIV status gives you the power to protect yourself and your friends and family.



# HIV Patient Guide (cont.)



## I just got tested for HIV; now what?

Whatever the outcome of your test, remember that you have options.

- If your test comes back negative, there are medications that, if taken every day, can protect you from getting HIV
- If your test is positive, treatments are available that suppress the HIV virus and keep you healthy

If you believe that you may have HIV, please inform your health care provider.



## Useful Resources

### HIV Patient Education Hub

Find education and resources to keep you informed about HIV, including the importance of prevention, testing, treatment of HIV, and a patient risk questionnaire here:

[www.CMEOutfitters.com/HIVPatientEd](http://www.CMEOutfitters.com/HIVPatientEd)

### Center for Disease Control and Prevention

[www.cdc.gov/hiv/default.html](http://www.cdc.gov/hiv/default.html)

### HIV.gov

[www.cmeoutfitters.com/biosimilars-hub](http://www.cmeoutfitters.com/biosimilars-hub)

