

We can stop HIV, Iowa— by finding the HIV prevention methods that work best for us!



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



Make HIV testing part of your journey.
Getting tested is the only way to know your status!



Practice safer sex.
*Use condoms and choose sexual activities with a
lower likelihood of passing on an infection.*



Get in care. Stay in care.
*If you're living with HIV, getting and keeping an
undetectable viral load helps you stay healthy and
prevents transmission to your sex partners.*

STOP HIV IOWA

Learn more at
stophiviowa.org

