

We can stop HIV, Iowa—

by finding the HIV prevention methods
that work best for us!



Find a health care provider you feel comfortable talking to openly about your sexual health.



Make prevention & testing part of your journey.
Getting tested for HIV 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

