

# VETERANS: BE HIV AWARE



70 percent of Veterans in VA health care have never been tested for HIV.



Approximately 1 in 6 people living with HIV don't know.

## GET TESTED FOR HIV

Say yes to the test at least once in your lifetime and more often if you are at increased risk.

### I'M POSITIVE

TREAT AND CONTROL HIV

### I'M NEGATIVE

STAY HIV NEGATIVE



**GET CARE:** Treatment and counseling will help you stay as healthy as possible and prevent transmitting the virus on to others. Ask your provider for antiretroviral therapy (ART), which prevents a virus like HIV from duplicating.



Always have protected oral, vaginal, or anal sex (sex with a condom or other latex barrier).



Don't share needles or other equipment to inject drugs or pierce the skin.



**STAY IN CARE:** Treatment is a lifelong process and research shows that continuous use of ART will lead to very low levels of HIV in your blood. While HIV is not curable, keeping your HIV in check will help you live healthier, longer, and greatly reduce your chances of transmitting the virus to others.



If you're at increased risk, get tested frequently.

#### SOURCES:

[www.hiv.va.gov](http://www.hiv.va.gov)

HIV Testing Calendar Year 2013—Veterans Integrated Service Networks

HIV Testing Calendar Year 2013—Standing

Clinical Care Registry: National HIV Registries Reports: 2013



VA



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