

Top 10 Ways To Prevent From Hiv Aids



Top 10 ways to prevent from HIV/Aids

★★★★★ 5 out of 5

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HIV (human immunodeficiency virus) is a virus that attacks the immune system, making people more vulnerable to infections and diseases. AIDS (acquired immunodeficiency syndrome) is the final stage of HIV infection when the immune system is severely damaged. There is no cure for HIV/AIDS, but treatment can help people live longer, healthier lives.

The best way to prevent HIV/AIDS is to avoid exposure to the virus. Here are 10 ways to do that:

1. **Use condoms every time you have sex.** Condoms are the most effective way to prevent the spread of HIV. Make sure to use them every time you have sex, even if you are in a monogamous relationship.
2. **Get tested for HIV regularly.** The only way to know for sure if you have HIV is to get tested. The CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once.

3. **Start taking PrEP (pre-exposure prophylaxis).** PrEP is a daily medication that can help prevent HIV infection in people who are at high risk of getting the virus. PrEP is 99% effective in preventing HIV infection when taken as directed.
4. **Limit your number of sexual partners.** The more sexual partners you have, the greater your risk of exposure to HIV. Try to limit your number of sexual partners and get to know them well before having sex.
5. **Avoid sex with people who have HIV.** If you know that someone has HIV, it is important to avoid sex with them. HIV can be transmitted through sexual contact, even if the person is not showing symptoms.
6. **Be aware of your partner's sexual history.** Before having sex with someone, talk to them about their sexual history. This will help you assess your risk of exposure to HIV.
7. **Don't share needles or other drug paraphernalia.** HIV can be transmitted through sharing needles or other drug paraphernalia. If you use drugs, be sure to use your own clean needles and equipment.
8. **Get vaccinated against STDs.** STDs (sexually transmitted diseases) can make it easier for HIV to enter the body. Getting vaccinated against STDs can help reduce your risk of HIV infection.
9. **Talk to your healthcare provider about HIV prevention.** Your healthcare provider can provide you with more information about HIV prevention and answer any questions you may have.
10. **Educate yourself about HIV/AIDS.** The more you know about HIV/AIDS, the better equipped you will be to protect yourself from the virus. There are many resources available to help you learn more

about HIV/AIDS, including the CDC website and the National AIDS Hotline.

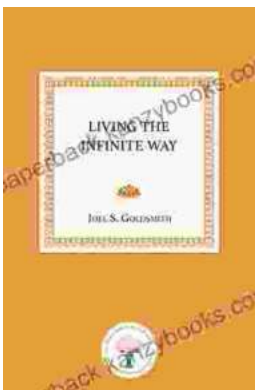
By following these tips, you can help protect yourself from HIV/AIDS. Remember, the best way to prevent HIV/AIDS is to avoid exposure to the virus.



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