

ENDING  
HIV

CHOICE!



3 WAYS TO PREVENT HIV

CHOICE!

CONDOMS. PrEP. U=U.

ENDING HIV

MY CHOICE!

# CHOICE!

**CONDOMS. PrEP. U=U.**

Staying safe is everyone's responsibility. Regardless of what you're into, your HIV status or how much sex you're having – there's an option for everyone.

They're all compatible, so if you come across a partner who chooses something different to you, you're empowered to negotiate that conversation.

You make your choice and they make theirs.

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## CONDOMS

**CHEAP, COMPREHENSIVE PROTECTION**

Condoms and lube are the most effective way to protect yourself from HIV and most other STIs, like syphilis and gonorrhoea.

When used consistently and correctly, condoms are extremely reliable. Make sure you use lots of lube for anal sex – it's absolutely essential for having a good time!

[ENDINGHIV.ORG.NZ/CONDOMS](http://ENDINGHIV.ORG.NZ/CONDOMS)

## PrEP

**PRE-EXPOSURE PROPHYLAXIS**

PrEP is a daily pill taken by HIV negative people, to prevent HIV. It is a publicly-funded medicine in NZ, which means eligible people will be able to access it for less than \$2 per month. If you aren't eligible for funding, there are affordable self-funded options.

PrEP reduces the risk of HIV transmission by up to 99%, meaning you can enjoy sex knowing you're protected from HIV.

It's important to remember that PrEP only protects from HIV and no other STIs – so it's a good idea to keep condoms in the mix with casual partners.

[ENDINGHIV.ORG.NZ/PrEP](http://ENDINGHIV.ORG.NZ/PrEP)

## U=U

**UNDETECTABLE = UNTRANSMITTABLE**

An undetectable viral load (UVL) is when the amount of HIV in a person's blood is no longer able to be detected by a standard HIV viral load test.

The benefits are living a long, healthy life and, if UVL can be maintained for six months or more, HIV is not transmitted to sexual partners – even if condoms aren't being used.

As with PrEP, being undetectable only protects from HIV and no other STIs – so it's a good idea to keep condoms in the mix with casual partners.

[ENDINGHIV.ORG.NZ/U=U](http://ENDINGHIV.ORG.NZ/U=U)