

Why are gay and bi guys more at risk of acquiring HIV?



As a gay or bi guy, you're much more at risk of acquiring HIV than heterosexual men and women.

Ever wondered why?

Here are three reasons gay and bi guys make up the largest portion of HIV transmissions in Aotearoa:

1 It's much easier to get HIV from anal sex

The relative risk of HIV infection



It's been scientifically proven that anal sex is riskier than vaginal sex when it comes to HIV transmission. Eighteen times riskier to be exact. There are two reasons for this. First, the cells in the ass are much more susceptible to HIV than cells in the vagina. Second, both semen and rectal mucosa (the lining of the ass) carry more HIV than vaginal fluid. Combine this with the fact that gay and bi guys tend to have more anal sex than straight guys, and you are presented with a part of the puzzle that shows our communities are more at risk of contracting HIV.

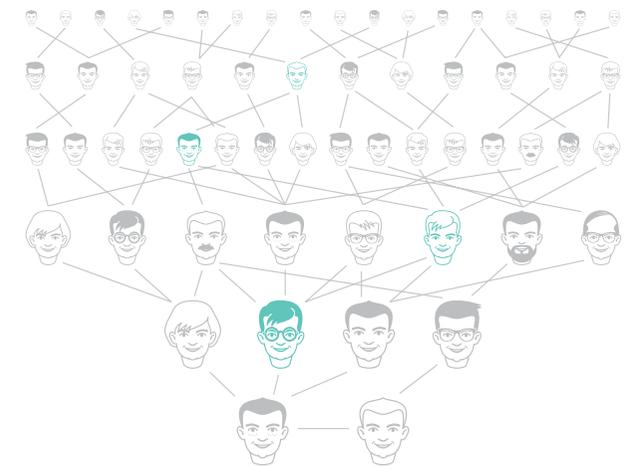
This is why it's so important to find an HIV prevention option that works for you. Find out more on Page 4.

2 There are already a lot of gay and bi guys who are living with HIV



In a recent local study, 1 in 15 gay or bi guys were found to be living with HIV. So, if you're a guy hooking up with other guys, you're more likely to meet someone who is already living with HIV. According to that same study, there's a 20% chance that person with HIV doesn't know they are living with it yet - remember that HIV is most dangerous when it's undiagnosed.

3 We're more closely connected than other communities



The reality is that there are less gay and bi guys than there are straight men and women. So, when you're meeting a guy for casual sex, the pool of people you have to choose from is smaller. This makes gay and bi guys much more closely connected sexually, than the rest of the population. It also means HIV and other STIs can spread more quickly among our communities.



Need support?
nzaf.org.nz/get-support

How can you prevent the transmission of HIV?



Condoms and lube

When used consistently and correctly, condoms and lube are an effective way to prevent the transmission of HIV and other STIs.

The bonus of using condoms, especially for casual sex, is that they're instantly verifiable - you see a condom and you can feel it being used, so you know that you and your partner/s are playing safer.

Order free condoms at endinghiv.org.nz/condoms

Pre-Exposure Prophylaxis (PrEP)

PrEP is a pill that, when taken as prescribed, prevents the acquisition of HIV.

PrEP is a very effective prevention tool, but remember it is not as verifiable as using a condom and may not be the prevention tool your partners want to use. PrEP also does not prevent any other STIs - so you will need to make sure regular testing and treatment of any STIs are a part of your sex life on PrEP.

Find out more about PrEP and whether you might be eligible for funded prescriptions at endinghiv.org.nz/PrEP

Undetectable = Untransmittable (U=U)

People living with HIV, who are on effective treatment resulting in an undetectable viral load (UVL), cannot transmit HIV sexually.

Like PrEP, choosing U=U as your prevention method requires some honest and respectful conversations and isn't instantly verifiable. Also, like PrEP, U=U does not prevent the transmission of any other STIs so you will need to make sure regular testing and the treatment of any STIs are a part of your sex life when using U=U as prevention.

Find out more about U=U as HIV prevention at endinghiv.org.nz/u=u.

Test regularly

One in five gay and bi Kiwis living with HIV don't know it yet.

So, it's important to test regularly so you can know your status and be empowered to really own your sexual health.

The more times you have anal sex with casual partners without using prevention, the more often you should test. Knowing your HIV status means you can get access to treatment and support, as well as prevent further sexual transmission.

There are many ways that you can test for HIV and NZAF offers several free options for guys who meet our criteria:

- Book an appointment to visit one of our clinics in Auckland, Wellington or Christchurch at nzaf.org.nz/test
- Come to a free Drop-in Clinic - no appointment needed. Locations and times at endinghiv.org.nz/drop-in
- Order a home self-test kit - available nationwide. These tests can be performed in the comfort of your own home. Fill out the order form online to request one today at endinghiv.org.nz/hometest

Book an appointment, head along to a drop-in clinic, or order a home test today.
Find details online at nzaf.org.nz/test.



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Te Tūāpapa Mate
Āraikore o Aotearoa

