

Use a condom every time you have sex.



Put the condom on before you have any skin to skin contact.

Once the penis is hard, place the condom on the head of the penis. Pinch the tip of the condom to squeeze out air. This leaves room for semen.



Slowly roll the condom all the way down the penis while pinching the tip. If uncircumcised (uncut), gently pull back the foreskin with one hand while rolling the condom down the penis with the other hand. If you start rolling it down and discover the condom is inside out, throw it away and start with a new condom.



Once you ejaculate, slowly pull out while the penis is still hard.

Hold the condom in place at the base of the penis while pulling out.



Roll the condom off the penis away from your partner. Throw used condoms in the trash, not the toilet.

Never use a condom more than once.

More condom tips:

- Using water-based lubricants such as KY® and Astroglide® with condoms can help keep the condom from tearing. Only use water-based lubricants with condoms. Oil-based lubricants such as Vaseline can cause the condom to break.
- Different kinds of condoms feel different. If you don't like the first condom you use, try another brand or style.
- Store condoms in a cool, dry place. Do not keep them in a wallet or car.
- Don't use out-of-date condoms. Check the expiration date on the package before using the condom.

For more information on HIV:
Deafmd.org

To find a place to get tested, go to:

KNOW MY STATUS.ORG

Or scan this QR code with your smartphone:



For help getting HIV drugs:
Texas HIV Medication Program
800-255-1090

Contact a local VRS to
speak with a medication program
staff member



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HIV / AIDS



Stay Safe – Get Tested



HIV is a virus that attacks your body's ability to fight illness. AIDS is the disease you get from HIV. You get HIV from the blood, semen, vaginal fluids or breast milk of someone who has HIV.

HIV is most often passed from one person to another during sex. You can also get HIV by sharing needles or other equipment (works) to shoot drugs.

Anyone can get HIV. You cannot tell if someone has HIV just by looking at the person. HIV can be prevented.

The best way to prevent HIV is to not have sex or shoot drugs (put drugs in your veins with a needle).



If you have sex:

- **Use a condom** every time you have sex.
- **Get tested** and ask your partner to get tested.
- **Be monogamous** (both people have sex only with each other).

You can get HIV through unprotected sex.

Having sex without a condom is the most common way people get HIV.

- **Anal sex** is the highest-risk sex. The person being penetrated is at higher risk than the person who penetrates.
- **Vaginal sex** is the second highest-risk sex. It is easier for women to get HIV from men than it is for men to get HIV from women.
- **Oral sex** can transmit HIV, but is lower risk than anal or vaginal sex. The risk from oral sex is higher if the man ejaculates in your mouth.
- **Having sex with more than one person or having other sexually transmitted diseases** can increase the risk of HIV.

You can get HIV by sharing drug equipment (works).

You can get HIV from sharing syringes (needles). Sharing cookers, cotton, and water used to prepare drugs can also spread HIV. If you cannot stop using, take these steps to reduce your risk.

- **Use a new, sterile syringe** every time you inject drugs. Use new cookers and cotton, too.
- **Never share drug equipment** used by someone else.
- **Use clean, fresh water** to prepare drugs.
- **If you cannot get a new syringe**, clean the one you have with bleach and water.

To learn more, visit HarmReduction.org



You can NOT get HIV from:

- Sharing plates, cups, eating utensils, or other household items with a person that has HIV
- Using a public shower, toilet, water fountain, swimming pool or hot tub
- Kissing, hugging or other casual contact
- From the pets of people with HIV
- From sneezing

Everyone between the ages of 13 and 64 should be tested at least once. People at higher risk should be tested more often. Gay and bisexual men should be tested every 3 to 6 months if they are sexually active.

If you think you are at risk for HIV or AIDS, see your doctor. If you don't want to see your doctor, your local health department or a local HIV services agency may also offer free or low-cost HIV testing.

Visit knowmystatus.org to find an HIV testing location near you. Be sure to ask for an interpreter when you make an appointment.



HIV can be treated, but not cured. There are programs to help pay for treatment if you cannot afford it.

You can still have a baby if you have HIV.

It is very important that you see a doctor before getting pregnant.

