

HIV Among Natives

Cases Increasing

According to the Centers for Disease Control (CDC), among Natives, HIV (Human Immunodeficiency Virus) has been increasing since 2014.

HIV Testing

Many HIV tests are now quick, FREE, and painless

The Centers for Disease Control (CDC) recommends that everyone between the ages of 13 and 64 gets tested for HIV at least once.

- You should get tested at least once per year if you:
 - You're a man who has sex with men
 - You've had sex with someone who has HIV
 - You've had more than one partner since your last test



For more information about HIV prevention or treatment reach out to your provider or local Tribal Health facility.

Contact US

Great Plains Tribal Epidemiology Center


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 **Human
Immunodeficiency
Virus (HIV)**

*Prevention &
Treatment Tips*



HIV Risk Factors

The risk of getting or spreading HIV varies depending on the **type of exposure and behavior**. People get or spread HIV through anal or vaginal sex or sharing needles, syringes, or other drug-injection equipment - for example, cookers.

- **Viral Load**
 - Viral load is the amount of HIV in the blood, high viral load = HIV transmission
- **Other sexually transmitted diseases**
 - If you have other STDs, you are more likely to get or transmit HIV
- **Alcohol and Drug Use**
 - If you are drunk or high, you are more likely to participate in risky behaviors, like having sex without protection (such as condoms or medicine to prevent HIV)

Learn more about your HIV risk at hivrisk.cdc.gov

HIV Prevention

Today there are more tools than ever to prevent HIV. You could practice **abstinence (not having sex), never sharing needles, and using condoms the right way every time you have sex**. You should get tested and treated for other STDs. You can take PrEP if you are at high risk.

Get Tested!

Ask your provider or local Tribal Health facility for an HIV test

- Find a testing site near you by visiting gettested.cdc.gov
- Call 1-800-CDC-INFO (232-4636)
- HIV tests are **FREE** and confidential - you can even get at-home tests

Challenges

HIV stigma negatively affects the health and well-being of all people with HIV.

HIV Treatment

If you test positive for HIV, your doctor will start treatment for you right away. Antiretroviral therapy or ART is recommended for all people with HIV. Medicine will slow the progression of HIV and help protect your immune system. Thankfully the medicine the creator has blessed us with can keep you healthy for many years.

The goal of HIV treatment is to help you keep an undetectable viral load, which means the amount of HIV in your blood is so low it cannot be measured. If you have HIV and take HIV medicine as prescribed, you have effectively no risk of transmitting HIV to your HIV-negative sex partner(s).

