

HIV (Human Immunodeficiency Virus) is a virus that attacks the immune system, making it difficult for your body to fight off infections and disease.

There is no cure.

With early detection and by taking HIV medication called antiretroviral therapy (ART), people with HIV can live long, healthy lives.

We all have a part to play in preventing HIV and keeping ourselves and our communities healthy.



Know your HIV status

Finding HIV Testing

Everyone has an HIV status, and it's essential to get tested so that you know yours. Ask your health provider for an HIV test, visit <https://phillykeeponloving.com/hiv-testing/> or call 215-985-2437 for help finding an HIV testing provider.

If your test is positive.

Start HIV treatment right away. This helps keep you healthy and prevents passing HIV on to others. If you need help finding HIV care, call the PDPH Health Information Helpline at (215) 985-2437.

If your test is negative

There are steps you can take to stay HIV-negative, including taking medicine to prevent HIV (PrEP).

Get tested for sexually transmitted infections (STIs) and get treated if you have one. Some STIs can increase a person's chances of getting HIV.

If you think you have been exposed to HIV in the past 72 hours (3 days), PEP is an emergency medication that can prevent an HIV infection.

PEP (post-exposure prophylaxis) is a medicine that can be taken for 28 days to prevent HIV infection after you have been exposed. **PEP must be taken within 72 hours, or 3 days, from the time of exposure.**

Call (833) 933-2815 any time to be connected to Philly's 24/7 PEP hotline. Learn more about PEP [here](#)

Take steps to prevent HIV

Use condoms to prevent the spread of HIV through sex.

For people who use syringes to inject drugs: use new syringes and supplies for each injection and safely dispose of used needles. Syringe service programs offer sterile syringes, harm-reduction supplies, and disposal services. To find services, go to <https://www.substanceusephilly.com/services>

People who test HIV negative can take PrEP to prevent HIV. It is available as a daily pill or as a less frequent injection. Learn more about PrEP, including how to get it, [here](#).

Talk to your healthcare professional to see if PrEP is a good idea for you. Consider PrEP if any of the following apply to you:

- Have you recently been told you have a sexually transmitted infection (STI)
- Have sex, even sometimes, without using a condom.
- Have a sex partner who has HIV and does not always have their virus under control with medication. People with HIV who are virally suppressed do not pass HIV to their sexual partners.
- Have a sex partner whose HIV status you don't know but who injects drugs or who has a sex partner or partners in addition to you.
- If your partner has an HIV infection, PrEP might be an option to help prevent you from getting an HIV infection while you try to get pregnant, during pregnancy, or while breastfeeding.

CONNECT WITH COMMUNITY BEHAVIORAL HEALTH

Our network of nearly 200 providers is here to help you and your loved ones heal. We are your mental health and wellness connection, leading you to the services that best fit your needs.

Member Services Hotline
888.545.2600