



Learning about HIV can help you protect yourself and your family

What is HIV?

HIV (human immunodeficiency virus) is a virus that attacks the body's immune systems. All people can be affected by HIV regardless of race, ethnicity, sexual orientation, gender, income, or other social factors.

HIV Stigma

Due to negative attitudes and beliefs about HIV, many people are afraid to know their HIV status or share this information with others. HIV stigma can also affect the emotional wellbeing and mental health of people at risk for HIV. **Stigma is based in fear. Knowing the facts of HIV can change negative ideas about this virus.**

HIV CAN BE TRANSMITTED BY



Penetrative anal and vaginal sex



Sharing needles, syringes, and other equipment used to inject drugs



Pregnant person to baby during pregnancy, birth, or breastfeeding

HIV CANNOT BE TRANSMITTED BY



Saliva, sweat, tears, or kissing



Insects or pets



Sharing food, drinks, or toilets



Air or water

How to Protect Yourself

There are many steps you can take to decrease your risk of getting HIV. Things you can do on your own, without seeing a doctor, include:

- Avoid sharing needles when injecting drugs. Use a clean needle every time. *If you need sterile injection supplies, scan the QR on next page.*
- Try other routes of administration for substances such as smoking.
- Use a condom every time you have sex.
- Oral sex has a significantly decreased risk of passing on HIV than penetrative vaginal or anal sex.
- Limit your number of sexual partners.
- Know your HIV status. *See locations, next page.*
- Get tested and treated for other STIs (sexually transmitted infections, such as chlamydia and syphilis). Untreated STIs can increase your risk of being infected with HIV. *See locations, next page.*

Medication for Prevention

In addition to the above steps, **PrEP** (pre-exposure prophylaxis) can reduce your risk of being infected with HIV. A medical provider can prescribe PrEP.

PEP (post-exposure prophylaxis) can be prescribed following a potential HIV exposure. PEP must be started within 72 hours of the occurrence and prevents the HIV virus from being passed to you.

People Living with HIV

If you have a positive HIV test, seek treatment as soon as possible. Treatment for HIV can be as simple as one pill a day.

If you are diagnosed with HIV, it is important to keep yourself healthy. While there is no cure for HIV, people living with the virus are able to live normal, healthy lives with proper treatment.

Undetectable = Untransmittable

HIV medication reduces the amount of HIV virus in your blood. If taken every day, the amount of virus can be so low that a test cannot detect it



Find locations offering condoms, PrEP & PEP prescriptions, free or low-cost HIV and STI testing, treatment, and more next page.

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People Living with HIV (continued)

HIV medication reduces the amount of HIV virus in your blood. If taken every day, the amount of virus can be so low that a test cannot detect it. When the amount of HIV virus reaches this undetectable level, you will not pass on HIV to your sexual partners.

Services in Dodge, Mower, Steele and Olmsted counties	HIV Testing, Rapid	HIV Testing, Confirmatory	HIV Treatment	HIV PrEP	HIV PEP	STI Testing	STI Treatment	Condom Distribution
Austin								
Mayo Clinic 507-255-7763 1000 First Drive NW HIV clinic every other Wed 8:30-Noon		✓	✓	✓	✓	✓	✓	✓
Allthing Clinic 507-396-8284 1600 8th Ave NW	✓	✓	✓	✓	✓	✓	✓	✓
Rochester								
Mayo Clinic 507-255-7763 HIV clinic East 6A, Mayo Bldg 200 First St SW	✓	✓	✓	✓	✓	✓	✓	✓
Planned Parenthood 507-288-5186 1212 7th St NW	✓	✓	✓	✓	✓	✓	✓	✓
Community Health Services 507-529-0503 1928 College View Road SE		✓	✓	✓	✓	✓	✓	✓
Dodge Center								
The Center Clinic 507-633-9200 14 W Main St walk-ins accepted contact@thecenterclinic.org	✓	✓				✓	✓	✓
Kasson								
Mayo Family Clinic 507-284-3967 411 West Main	✓	✓	✓	✓	✓	✓	✓	✓
Owatonna								
Mayo Clinic 507-451-1120 2200 26th St. NW	✓	✓	✓	✓	✓	✓	✓	✓
The Center Clinic 507-633-9200 134 Southview Street contact@thecenterclinic.org	✓	✓				✓	✓	✓
Telehealth/Mail at home								
The Aliveness Project 612-824-5433 aliveness.org info@aliveness.org	✓	✓		✓	✓			
Rainbow Health Telehealth Program: (612) 359-5867 Email: Telehealth@rainbowhealth.org Scan QR for more information		✓	✓	✓	✓	✓	✓	



Minnesota AIDSLine is statewide information and referral service that can answer your questions about HIV and link you to help.
1-612-373-2437
aidsline@rainbowhealth.org
text AIDSLine to 839863
Monday- Friday 9am- 5pm

The **Minnesota Pharmacy Syringe Access Initiative** is a program to reduce HIV and HCV transmission among people who use injection equipment and do not always have access to clean syringes.

- The cost of syringes may vary from \$2.50 to \$5.00 per pack.
- To simplify the purchase process, contact the pharmacist on duty to verify participation.



How to Protect Others

- Find HIV care and take your HIV medicine as prescribed
- Use condoms the right way every time you have sex.
- Get tested and treated for other STIs (sexually transmitted infections).
- Talk to your sexual partner(s) about PrEP.

This guide was adapted from a resource created by the Midwest AIDS Training & Education Center.