

HIV / AIDS

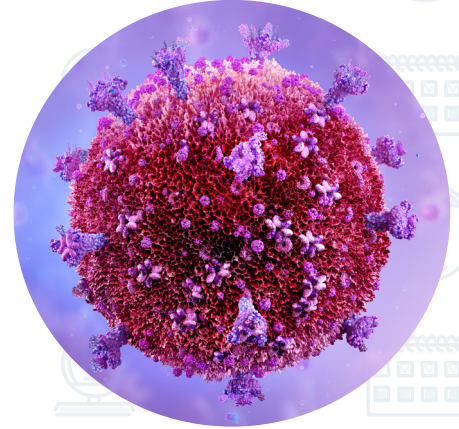
You are receiving this page because your student is participating in the **Choices Today**, **Options Tomorrow** or **Promoting Health Among Teens** curricula. The goal of these curricula is to provide students with the skills, knowledge, and confidence to make healthy life choices.

HIV is transmitted through bodily fluids including:

- Seminal fluid (semen)
- Blood
- Breast milk
- Vaginal fluid
- Bodily fluids that contain blood
- Rectal fluid



Sexual activity is the #1 way that HIV is spread!



If your teen is sexually active, they need to get tested regularly:



Positive Resource Connection
(260) 744-1144



Fort Wayne - Allen County Department of Health
(260) 449-7504



[gettested.cdc.gov](https://www.gettested.cdc.gov)



Progress on HIV Therapies and Prevention

- At this time, there is no cure for HIV, but treatment can extend a person's quality of life.
- A daily pill or long-acting injection can prevent contracting HIV from an infected partner.
- Modern medications can lower HIV to undetectable levels. Once HIV levels stay undetectable, the virus becomes untransmissible.



Use the QR reader on your phone to watch a video about the stages of HIV infection and how to reduce your risk.



Use the **Fact or Myth Activity** to learn more about the facts and myths about HIV transmission.