

COMBINATION PREVENTION

DIFFERENT WAYS TO MAINTAIN SEXUAL HEALTH AND PREVENT HIV

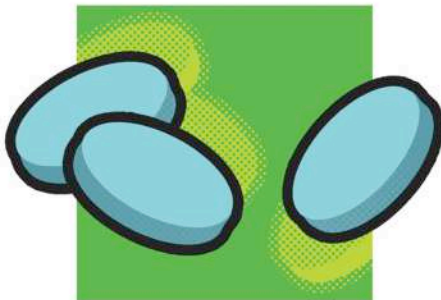
WHICH STRATEGIES DO YOU COMBINE?

Combining the prevention strategies that best suit your needs and preferences can help you to have the best possible protection. These strategies can be divided into 4 categories:

- GREEN** They are effective in preventing HIV transmission
- YELLOW** Their effectiveness is low or uncertain
- GREY** They have no direct impact on HIV transmission, but create conditions that are favourable to sexual health
- BLACK** They are not available in Canada or are still in development



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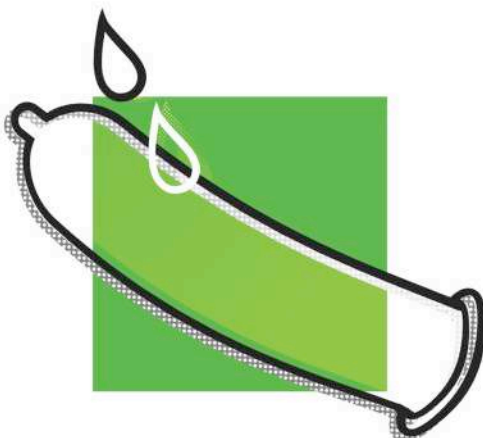
Taking PrEP

(preexposure prophylaxis)

Taking antiretroviral medication (anti-HIV pills) by an HIV-negative person every day or intermittently (before and after sexual relations) to reduce the risk of contracting an HIV infection



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Using a physical barrier (condom, dental dam, glove) and lubricant during sexual contact

Use of a physical barrier (condom, dental dam, glove) during oral sex, vaginal/frontal or anal sex, rimming, or fisting, along with an appropriate lubricant



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Taking antiretroviral treatment

(if you are HIV-positive)

Taking antiretroviral treatment (anti-HIV pills) regularly and correctly as soon as possible after an HIV diagnosis so as to reduce viral load



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Adapting your sexual practices to the viral load of any HIV-positive partners who are involved

Adapting the prevention strategies that would normally be used, in instances when an HIV-positive partner has an undetectable viral load (fewer than 40 copies per milliliter of blood)



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Taking PEP

(postexposure prophylaxis)

Starting antiretroviral medication (anti-HIV pills) by an HIV-negative person a maximum of 72 hours after possible exposure to HIV, to reduce the risk that an infection will take hold



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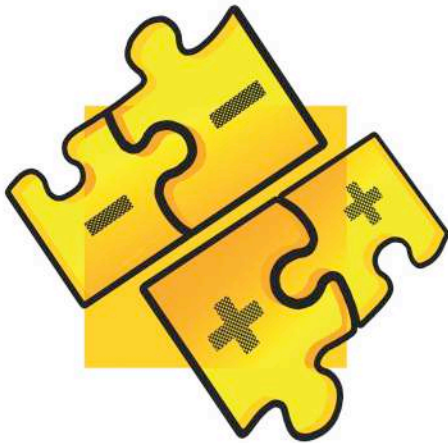


Combining your biomedical strategy with those of your partners (biomed-matching)

Adapting the prevention strategies that would normally be used, in instances when all partners involved are using a complementary biomedical strategy (PrEP and/or undetectable viral load)



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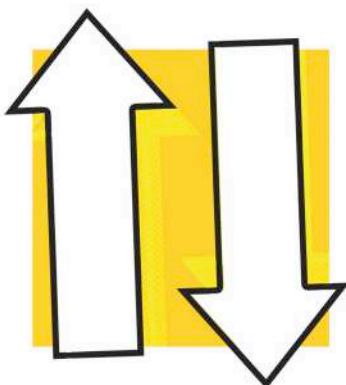


Serosorting

Limiting all or certain sexual activities to partners whose HIV status is the same as your own



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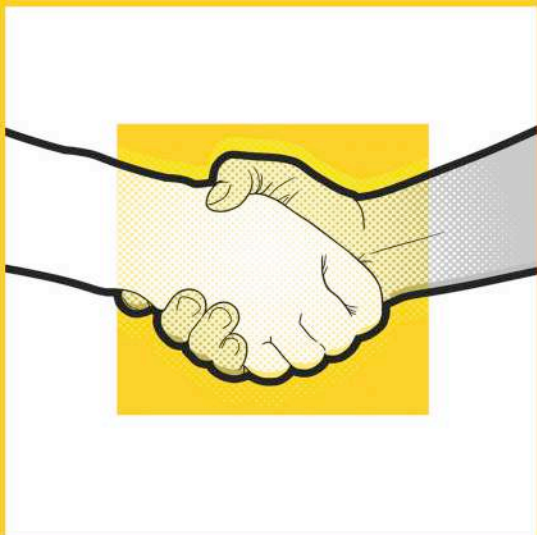


Strategic positioning

Choosing to be top or bottom depending on your HIV status and your partner's status, based on the notion that the bottom is more at risk than the top



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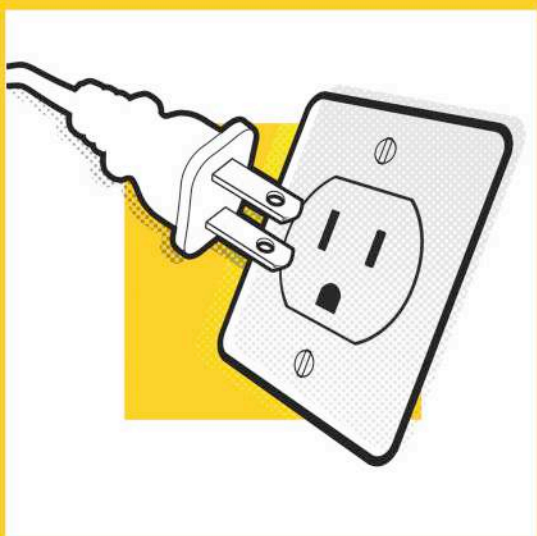
Making an agreement with your regular partner

(negotiated safety)

Adapting the prevention strategies that would normally be used, once each partner has been tested and you have come to an agreement regarding sexual activities and the use of prevention strategies outside the relationship



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Withdrawal before ejaculation

Withdrawing the penis from the mouth, vagina, or anus before ejaculation



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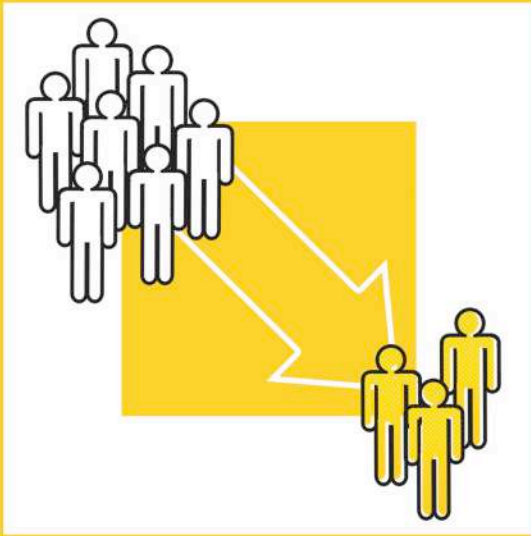


Adopting low-risk practices

Choosing to adopt sexual practices with the lowest risk in situations where the possibility of transmitting HIV is unknown or high



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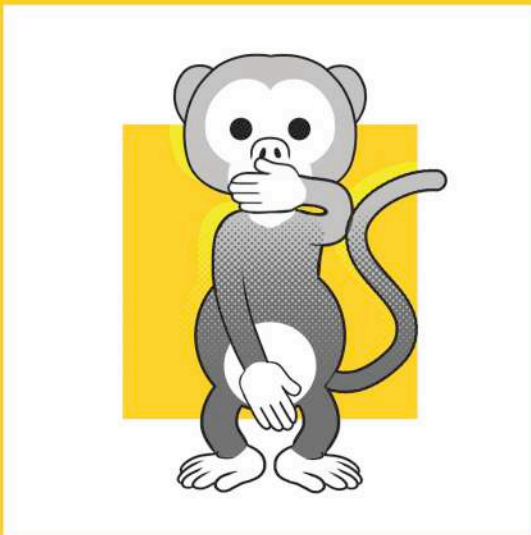


Having fewer sexual partners

Choosing to limit the number of sexual partners you have



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Refraining from sex

Choosing to refrain from sexual contact on a short-term or long-term basis if the conditions are not optimal for reducing your risks



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Changing how you drink or use drugs

Changing the way you use drugs and alcohol before or during sex in order to have more control over the prevention strategies you put in place



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Getting tested regularly for HIV

Getting a blood test on a regular basis that can detect whether a person has been infected with HIV



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Getting tested regularly for STIs

Getting a test or physical examination on a regular basis to detect the presence of a sexually transmitted infection (STI) and initiate appropriate treatment



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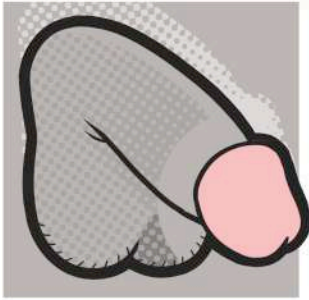


Communicating in a proactive way with your partners

Discussing your HIV status or the strategies that need to be put in place with sexual partners, prior to having sex



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Being circumcised

Absence of a foreskin due to surgical removal



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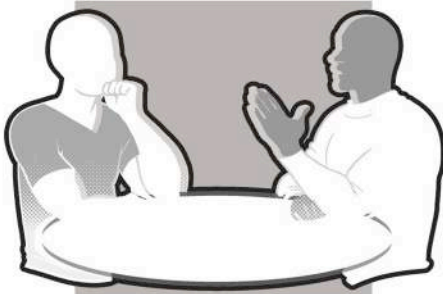


Informing your partners if you have an STI

Informing your sexual partners if you have an STI or an HIV infection, prior to having sex or following a diagnosis



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Using social and health services

Making use of various social, health, and community services to get support and improve your sexual health



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Advocating for better access to services

Engaging in activism to improve access to health services in terms of transparency, acceptability, availability, cost, and better coordination between different services



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Advocating for better laws and policies

Advocating for the implementation of laws and policies to improve the conditions that influence vulnerability to HIV



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Using an HIV self-test

Using a self-administered blood or saliva test that can detect whether a person has an HIV infection (not available in Canada)



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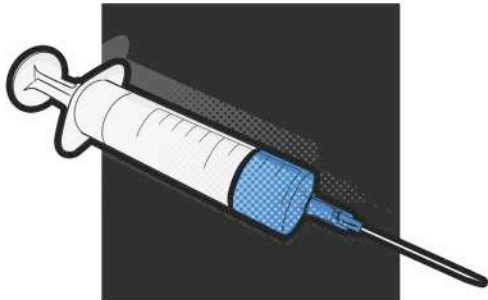


Using microbicides

Applying a product (gel, vaginal ring) inside the vagina or rectum prior to penetration that contains medication to protect against HIV (still in development)



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Getting vaccinated against HIV

Receiving a vaccine that can reduce the risk of contracting HIV (still in development)



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