

COMBINATION PREVENTION

DIFFERENT WAYS TO MAINTAIN SEXUAL HEALTH AND PREVENT HIV

Combining the prevention strategies that best suit your needs and preferences can help you to have the best possible protection.

Strategies that are effective in preventing HIV transmission



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



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



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)



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



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



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)

Strategies for which the effectiveness is low or uncertain



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



Strategic positioning 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



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



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



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



Having fewer sexual partners Choosing to limit the number of sexual partners you have



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

Strategies that have no direct impact on HIV transmission, but create conditions that are favourable to sexual health



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



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



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



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



Being circumcised Absence of a foreskin due to surgical removal



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



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