A Guide for the HIV Positive Man

Preventing HIV Transmission

The best ways to decrease your risk of spreading HIV:

1. Taking your HIV medications as prescribed by your healthcare provider. Taking ARV (Antiretrovirals) as prescribed means you are 96% less likely to pass HIV through sex. If you have an undetectable viral load for at least 6 months and have no other sexually transmitted infections, the risk of passing HIV is exceptionally low, much less than 1%.

2. Pre-exposure prophylaxis (PrEP) means your HIV negative partner takes an ARV to help her from getting HIV. If you have an undetectable viral load AND your partner takes PrEP regularly as prescribed, the risk of HIV transmission is likely 0.

3. Not sharing needles or razors.

4. Using a condom with lube when you have vaginal sex or anal sex. Using condom is effective at helping prevent pregnancy, HIV, gonorrhea, chlamydia, herpes, & syphilis.

5. We suggest talking with a provider or in a support group about strategies for using condoms and lubrication—everyone has their own preferences.

Did you know?

• About half of all pregnancies in the US are unplanned.

• There are safe and reliable ways to plan a pregnancy even if you or your partner is HIV positive.

• Couples that talk about birth control methods and choose together are more likely to use them. Hey, sometimes you need help talking to your partner about birth control— it's hard to figure out alone!

Preventing Pregnancy

How well does this prevent pregnancy?

Plan B (morning after pill) may prevent pregnancy if taken within 72 hours after sex without birth control—ask a provider about having this around just in case!

Graphic adapted from CDC.gov
Preventing HIV and Pregnancy: Get Undetectable!

Did you know?
HIV is spread by contact with blood, semen, genital fluids or breast milk of a person infected with HIV.
Having vaginal or anal sex without a condom or sharing drug injection equipment like needles or syringes with someone infected with HIV are the two most common ways of spreading HIV.
BUT- you cannot spread HIV from hugging, holding hands or kissing.
HIV is not transmitted by day-to-day contact in the workplace, schools or social settings.
You cannot become infected from touching a door knob, drinking fountain, toilet seat, drinking glass, food or pets.
Taking your meds and staying undetectable is your best defense against spreading HIV!

“I’m an HIV positive man, and my partner is HIV negative. We’re thinking of getting pregnant, but we’re not ready yet. What are the best forms of birth control?”

• There are many different kinds of birth control out there that can be extremely effective at preventing unwanted pregnancy and sexually transmitted disease.
• Talking with your partner about birth control options helps keep you and her using the best method.

For more information, visit http://hiv.ucsf.edu/care/perinatal.html (BAPAC website)

• Some studies suggest that a woman using injectable birth control (depo-provera or the “birth control shot”) may be more likely to get HIV if her male partner isn’t taking antiretrovirals - that makes it even more important to take your HIV medication.
• If your female partner is HIV positive, some of her HIV medication may cause hormonal birth control to not work as well. She should talk to her health care provider about this.

Bedsider.org is a fun and informative website for you to explore with your partner. It features all of the above birth control methods and has a comparison tool to help you choose the best method for you.

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