

# Our+Care OC

A newsletter created by HIV-positive individuals  
for people living with HIV



## Prevention

This issue of the Our+Care newsletter will talk about the importance of protecting yourself and your partner.

### Use Condom Sense

Prevention is key to help lower the risk of transmitting HIV to your partner. The best way to protect your partner is to use a condom (during anal/vaginal sex) and a dental dam (during oral sex). Research studies show that consistently using barrier devices such as condoms and dental dams is an effective way to prevent transmission of HIV.<sup>1</sup>



### PrEP Your Partner

Although condoms and dental dams provide an effective barrier, they cannot provide complete protection against HIV. Another way to prevent giving HIV to your partner is for your partner to take a medication called Pre-Exposure Prophylaxis (PrEP). PrEP is a daily medicine that reduces the chance of getting HIV if taken as prescribed. The pill works by preventing HIV from invading the body.



### PrEP 101: Key Facts<sup>2</sup>

- ✓ PrEP reaches maximum protection from HIV for **receptive anal sex** after **7 days** of daily use
- ✓ PrEP reaches maximum protection from HIV for **receptive vaginal sex** after **20 days** of daily use
- ✓ If taken daily, PrEP is **99%** effective in reducing the risk of getting HIV from sex
- ✓ Studies of HIV-negative people who have taken PrEP for five years have reported **no major side effects**
- ✓ PrEP only provides protection from HIV. It **does not** protect against Sexually Transmitted Diseases (STDs) (also known as Sexually Transmitted Infections (STIs)) or prevent pregnancy

<sup>1</sup><https://www.cdc.gov/condomeffectiveness/brief.html>

<sup>2</sup><https://www.cdc.gov/hiv/basics/prep.html>

## Know Your Status: Get Tested

Along with getting regular HIV blood tests (blood draw), another important blood test to get is for STDs/STIs. Getting tested regularly for STDs/STIs such as Chlamydia, Gonorrhea, and Syphilis can help improve your health and the health of your partner. Getting tested is the only way to know and confirm your status.

### STD/STI: Quick Check

- ✓ Most of the time you may not experience any symptoms (no symptom is a symptom)
- ✓ Many STDs/STIs are treatable with antibiotics (medication)
- ✓ Condoms and dental dams are effective barrier devices to reduce transmission of STDs/STIs
- ✓ If you test positive, let your partner know so they are tested and treated as soon as possible



## Resources

The following agencies can help with STD/STI testing and PrEP information:

- **APAIT**  
(714) 636-1349  
<http://apaitonline.org>
- **OC Health Care Agency (17<sup>th</sup> Street Clinic)**  
(949) 452-0888  
[www.ochalthinfo.com/std](http://www.ochalthinfo.com/std)
- **Radiant Health Centers**  
(949) 809-5700  
**RADAR**  
(714) 868-5601  
<https://www.radianthealthcenters.org>
- **The LGBT Center OC**  
(714) 953-5428  
[www.lgbtcenteroc.org](http://www.lgbtcenteroc.org)

You can find more information about PrEP and STDs/STIs online at:

<https://www.cdc.gov/hiv/basics/prep.html>

<https://www.cdc.gov/std/default.htm>



### ORANGE COUNTY HIV QUALITY MANAGEMENT COMMITTEE



This is a project of the Orange County HIV Quality Management Committee and HIV Client Advocacy Committee. The HIV Quality Management Committee works to improve the quality of Ryan White services. If you have feedback or suggestions for future newsletters, please contact **Marlon-Ray Velasco** at [MVelasco@ochca.com](mailto:MVelasco@ochca.com)

