



**Develop Your 10-minute (or 1-minute!) HIV 101
and Partnership 101 Elevator Pitch
March 25, 2024**

HIV 101

- Define HIV, AIDS and the Differences
 - **Human Immunodeficiency Virus** – the virus that causes AIDS
 - **Acquired Immune Deficiency Syndrome** – the final stage of HIV infection
 - Cover Modes of Transmission – and Eliminate Misinformation
 - **HIV can be transmitted** through exchange of body fluids with and HIV+ person: unprotected sex, sharing of injection equipment (syringes and cooker) and from mother the child, during childbirth or breastfeeding. Blood, semen, pre-ejaculate fluid, vaginal fluids and breast milk.
 - **HIV can not be transmitted** through casual contact with an HIV+ person, hugs, kissing, mosquito or insect bites, toilets, doorknobs, sharing cups, dishes, silverware, toothbrushes, razors, etc.
 - Share Current HIV Prevention Messages
 - Everyone should know their HIV status. Get tested! How often? At least once in a lifetime, once a year if sexually active, every 3-6 month if multiple sex partner and not using barriers or if sharing injection equipment.
 - Reduce number of sex/drug using partners, use condoms, never share injection equipment, PrEP, PEP.
 - If negative, learn how HIV is transmitted and what you can do to prevent it.
 - If positive, HIV treatment leads to a long healthy life and prevents transmission to others.
 - HIV Treatment is effective, Undetectable + Untransmissible, Test & Treat Rapid Access to care.
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Partnership 101

The Miami-Dade HIV/AIDS Partnership is the volunteer board of people making decisions about the Ryan White Program in Miami-Dade County.

Learn more at www.aidsnet.org.