Where can I get more Information?

If you need more information call:
Montana HIV/STD/HCV Section
444-3565
or on the web at
getcheckedMT.org

How to use a condom

Step 1

Open the package, (do not use teeth). Be careful not to tear the condom. Put the condom on before intercourse.

Step 2

Place condom on penis and hold the tip of the condom to squeeze out the air. Roll it down the erect penis to the pubic hair. Make sure the condom does not ride up during sex.

If there is no tip, leave a half-inch space at the tip for semen. Pinch it to squeeze out the air.

Step 3

If the condom is not lubricated (wet), you can put on some lubrication. Do NOT use oil or vaseline. These can weaken condoms, causing them to break.

If you feel a condom break during sex, stop, pull out and put on a new condom.

Step 4

After you ejaculate (cum), and while the penis is still erect, hold the condom firmly at the base, close to the pubic hair. Pull out slowly. Remove the condom by rolling it off.

Step 5

Tie the condom in a knot and throw it away. Do not flush it down the toilet. Clean off remaining fluids from penis.

Remember: Use a **NEW** condom every time you have sex – anal, oral or vaginal.

HIV Testing Locations

Billings	
RiverStone Health	247-3305
Yellowstone AIDS Project	245-2029
Montana Migrant Council	248-3149
Bozeman	
AIDS Outreach	451-5718
Bridgercare	587-0681
Connections	813-8209
Butte	
Family Services Center	497-5080
Great Falls	
Cascade City-County Health Dept.	454-6950
Havre	
Hill County Health Dept.	265-5481 ext. 266
Helena	
Lewis and Clark Public Health	457-8900
Kalispell	
Flathead City-County Health Dept.	751-8150
Lewistown	
Central Montana Family Planning	535-8811
Missoula	
Missoula City-County Health Dept.	259-3896
Open Aid Alliance	543-4770
FDH & Associates	829-8075
Partnership Health Center	258-4789
Pablo	
Salish/Kooteni College	275-8378

To find more testing locations in MT visit **getcheckedMT.org**

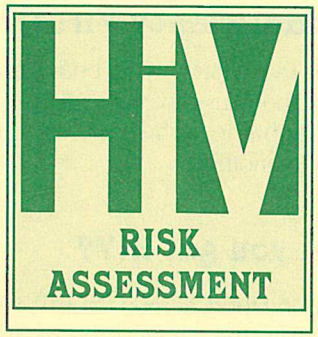
For additional information or more copies of this publication contact Montana STD/HIV Section
406-444-3565

MONTANA DPHHS
Healthy People. Healthy Communities.

3,000 copies of this public document were published at an estimated cost of $0.08 per copy, for a total cost of $226.80, which includes $226.80 for printing and $0.00 for distribution.

Funded 100% by cooperative agreement from the Centers for Disease Control.
Revised 07/16

Am I at Risk?



Montana Department of Public Health and Human Services

Am I at Risk?

What is HIV (Human Immunodeficiency Virus)?

HIV is a virus that destroys your body's ability to fight off sickness. This virus can cause AIDS. A person with HIV may not know he or she has it. HIV can pass from one person to another.

How can you get HIV?

HIV is found in blood, semen ("cum"), vaginal fluids and breast milk. The virus can be passed to others through contact with any of these body fluids.

You may be at risk if now or in the past . . .

- Are you a man who has had sex with another man?
- Have you had sex—anal or vaginal—with an HIV-positive partner?
- Have you had more than one sex partner since your last HIV test?
- Have you injected drugs and shared needles or works (for example, water or cotton) with others?
- Have you exchanged sex for drugs or money?
- Have you been diagnosed with or sought treatment for another sexually transmitted disease?
- Have you been diagnosed with or treated for hepatitis or tuberculosis (TB)?
- Have you had sex with someone who could answer yes to any of the above questions or someone whose sexual history you don't know?

How can I avoid getting HIV?

Not having unprotected sex and not shooting drugs are the surest ways to prevent getting HIV.

Here are other ways to reduce your risk of getting HIV:

Protect yourself if you have sex

- Use a new condom each time you have oral, anal or vaginal sex. Latex or polyurethane condoms are best because HIV can pass through lambskin or natural condoms.
- Always use water-based or silicone-based lubricants', **NOT** oils or lotions that can cause a condom to break.

Protect yourself if you use drugs

- Never share injection needles or "works."
- Between uses, clean needles with bleach, soak 30 seconds, repeat 3 times, then rinse several times with water.
- Mixing sex, drugs, and alcohol is risky. If you are drunk or high, it is harder to make good decisions about having sex.

Protect yourself if you are pregnant

- You can pass HIV to your baby during pregnancy, birth, or breastfeeding.
- Medications can lower your risk of passing HIV to your baby during pregnancy. Ask your healthcare provider.

Pre-exposure prophylaxis (or PrEP)

- People at very high risk for HIV can take HIV medicines daily to lower their chances of getting infected. Studies have shown that PrEP is highly effective if it is used as prescribed.

You can be easily tested for HIV

A test can tell you if you are infected with HIV. You can get this test without giving your name. The test is low-cost or free in many places in Montana. See the back of this brochure for HIV testing sites.

WHAT CAN YOU DO TO REDUCE YOUR RISK FOR HIV INFECTION?

- The safest way is to not have sex: oral, anal, or vaginal **(Abstinence)**
- Have only one sex partner who is only having sex with you **(Monogamy)**; both of you must be HIV-free.
- Practice safer sex: Latex or polyurethane condoms are highly effective when used consistently and correctly. Consistent use means using a new latex condom from start to finish with each act of intercourse.
- Avoid the use of drugs or alcohol. These substances make it harder to make good decisions about having sex.
- Never share needles and/or syringes. If this is not an option: clean needles and syringes with 100% bleach. Use new cotton, water and other materials each time; these can also pass the virus if shared with an infected person.

You cannot get HIV from hugging, kissing, sharing kitchen utensils, contact with toilets or insect bites.

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