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There are many ways to prevent HIV:

- Using condoms the right way each time someone has sex.
- Using new equipment every time someone injects drugs.
- Using PrEP (Pre-Exposure Prophylaxis), a medication that an HIV-negative person can take on an ongoing basis.
- Using PEP (Post-Exposure Prophylaxis), a medication that an HIV-negative person can take within 72 hours after they might have been exposed to HIV.
- If you have HIV, take effective HIV treatment to prevent passing HIV to your sex partner.
- Being on effective HIV treatment throughout pregnancy.
- Formula feeding a baby. However, with proper medical support, breastfeeding/chestfeeding may be an option for some women who choose to do so.

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## How do I know if I have HIV?

Most people who have HIV do not have any symptoms for years, even though the virus is active and damaging their immune system.  
**You can have HIV and not know it.**

The only way to know if you have HIV is to get tested.

Ask a health care provider for an HIV test. You may want to also get tested for other infections at the same time, like gonorrhea, chlamydia, hepatitis B, hepatitis C and syphilis.

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## Can HIV be cured?

There is no cure for HIV, but with proper treatment and care, people with HIV can live long and healthy lives.

HIV treatment has improved a lot. Treatment is highly effective with few, if any, side effects.

**If you have HIV, speak to a healthcare provider about your treatment options. The earlier treatment is started, the better it is for your health.**

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## What is the difference between HIV and AIDS?

HIV is the virus that attacks the immune system. When the immune system is severely weakened and the body becomes vulnerable to serious illness and infections, this is known as AIDS. It is the advanced stage of HIV infection. However, with proper treatment, **many people with HIV can live long and healthy lives without ever developing AIDS.**

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## Where can I get hepatitis C services?

- Speak to a healthcare provider about HIV testing or to receive treatment and care for HIV.
- Find HIV services in your area at <https://whereto.catie.ca/>