

HIV/AIDS

Prevention and Care in Maine



Have you had sex or shared needles?

Find a free HIV testing
location near you.



Scan me!



Scan me!

Living with HIV?

Get help with medication
food, housing, health
insurance, and case
management.



HIV 101



There is **no way to tell** if someone is living with HIV.



You can live a **long and healthy life** if you take your HIV medications correctly and consistently.



You **cannot get HIV from casual person-to-person contact**. HIV is spread through blood, semen (and pre-cum), vaginal fluid, rectal mucous, and breastmilk.



You can have a **healthy sex life** while living with HIV. If you take your medication correctly, you can get your viral load low enough that you cannot spread HIV through sex. We call this ability U=U, or Undetectable = Untransmittable.



If a pregnant person takes their HIV medication correctly during pregnancy, **the baby has a very low risk** of being born with HIV.