

We can stop HIV, Iowa— by protecting our sexual health when we **talk, test, treat**.

talk

Talk with your partner **before** having sex. Talk about **when** you were last tested & suggest getting tested together.

Talk to your healthcare provider about your sex life. Ask about HIV & STI testing—including **what tests you need & how often**.

test

Get tested! It's the only way to **know for sure** if you have HIV or an STI.

Many STIs **don't cause symptoms**, so you could have one and not know.



**STOP
HIV
IOWA**

Find testing near you!
Scan the QR code or
visit stophiviowa.org

treat

HIV & all other STIs are **treatable**.

If you test positive for an STI, work with your healthcare provider to get the right treatment.

If you test positive for HIV, your provider or testing location will connect you to treatment & resources!