



**The most recent national data suggests that rates of HIV have decreased among women & girls. However there is still need for protection and early detection.**

Early HIV diagnosis helps people stay healthy and live longer. It also helps prevent the spread of HIV to others. If you are HIV negative and sexually active, consider PrEP

### **When There is Exposure: PrEP and PEP.**

Help prevent further infection. **Pre-Exposure Prophylaxis (PrEP)** can help reduce HIV transmission among people who are HIV negative but may have an ongoing substantial risk of HIV infection. **Post-Exposure Prophylaxis (PEP)** can help those who may have a single exposure to HIV.



**Offer the opportunity to know.**

## **Women & Girls: What They Need to Know**

Condoms and early detection are critical to decreasing exposure and increasing survival rates, especially among the African American community which has the highest rates of infection overall and for women & girls.

**Health care providers can help most** when they:

- Talk to patients about HIV.
- Offer testing.
- Expand access to testing.
- Educate about PrEP.
- Are proactive in HIV treatment and prevention.



## **What We Know**

From 2009 through 2012, the CDC's annual estimated number of diagnoses of HIV infection among **women and girls (< 13 years of age)** decreased. **However it is important to know that:**

- 74% of HIV transmission among women & girls is from heterosexual contact. If you are sexually active use condoms.



- 83% of HIV infected children were infected perinatally through their mothers. If you are pregnant get tested.

## **It Is Never Too Late**

Testing and early detection and treatment help to slow the disease and increase survival rates.

Talk with your partner about their sexual history and get tested together.

For more information and to get involved, please visit, [www.womenshealth.gov/nwghaad/](http://www.womenshealth.gov/nwghaad/).

