

As a person with HIV, you can play an important role in protecting others from HIV infection, as well as protect yourself from compromising your ability to fight HIV successfully.

HIV prevention services throughout Los Angeles County are an important resource for you and other members of the HIV community. These programs provide support and information that can guide you toward making wise and responsible choices about your health.

What Services Are Available?

HIV prevention activities may target specific segments of our community – for example, youth, persons practicing high-risk behaviors and members of various ethnic groups– but the overall goal of these activities is broad: to prevent transmission of HIV to others.

HIV Prevention programs and services include:

> **One-on-one activities.** You can access health education and risk-reduction counseling, face-to-face or via the Internet. These activities can support you in understanding your behavior, making plans for changing your behavior, and for putting those plans into action.

- > **Group activities.** You can also access health education and risk-reduction counseling in a group setting with other people with HIV. These group activities often meet regularly over a short or prolonged period of time.
- > **Community activities.** Some prevention activities involve large numbers of people at the same time, and welcome your participation.
- > **Prevention Case Management.** By working one-on-one with a prevention case manager, you can learn to adopt HIV risk-reduction activities that are tailored to your unique situation. Prevention Case Management combines elements of traditional Case Management with HIV risk-reduction counseling.

- > **Partner Counseling and Referral Services.** You can access support in learning how to disclose your HIV status to sexual partners, and help partners who may be at risk access testing and other services.
- > **Syringe exchange.** By accessing these programs, you can exchange used and potentially infectious syringes for new ones, and preserve anonymity. You can also learn how to properly clean needles and drug-works, and access information on recovery and substance abuse programs.
- > **Prevention with Positives.** These programs empower you to engage in safe-sex practices, maintain a healthy lifestyle, and build status-disclosure-skills.

How to Access Services

To access HIV prevention services, start by contacting your case manager.

FOR MORE INFORMATION

See the HIV Prevention Services section of this directory or visit www.hivla.org.