

HIV PREVENTION SERVICES

As a person with HIV, you can protect others from HIV infection, while helping you fight HIV successfully.

HIV prevention services throughout Los Angeles County can help 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 populations — for example, youth, persons with high-risk behaviors and members of various ethnic groups — but the main 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 get health education and risk-reduction counseling, face-to-face or via the internet. These activities can help you understand your behavior, make plans to change behavior, and put those plans into action.
- > **Group activities.** You can get health education and risk-reduction counseling in a group with other people living with HIV. These group activities often meet regularly over a short or prolonged period of time.
- > **Community activities.** Some prevention activities invite 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 HIV risk-reduction methods that are tailored to your situation. Prevention case management is a mix of traditional case management and HIV risk-reduction counseling.
- > **Partner Counseling and Referral Services.** You can learn how to tell your sex partners about your HIV status, and help partners who may be at risk get HIV testing and other services.
- > **Syringe exchange.** These programs trade used and potentially infectious syringes for new ones, and keep your anonymity. You can also learn how to properly clean needles and drug-works, and get information on recovery, and substance abuse programs.
- > **Prevention with Positives.** These programs empower you to practice safer sex, maintain a healthy lifestyle, and build status-disclosure-skills.

How to Get Services

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

Visit www.hivla.org for the most up-to-date HIV Prevention Services listings.

If prevention services are not delivered appropriately, please contact OAPP's warmline @ (800) 260-8787.