

HIV & Relationships

Created by people living with HIV

You are a human with needs who deserves healthy and fulfilling connections with others.

Your Care Team is here to give you information and help you explore options for talking about HIV in relationships.

Will my sex life be over?

Your sex life is not over just because you have HIV. You can maintain a healthy sex life and, if you desire, even have children.

Everyone living with HIV has a different experience with dating, sex, relationships, and disclosing their HIV status to loved ones. It is important to do what is right for you.

How do I prepare to tell someone about my HIV+ status?

Your Care Team can help you role-play or connect you to someone who has gone through a similar experience. Care Team members can help you think through the details and create a plan. If you need the support, a Care Team member can even be with you when you are telling family and friends.

Why do I need to disclose my HIV+ status?

It's your decision who you tell about your HIV status. In short, Ohio requires you to tell someone your HIV status before sex or anytime there's a risk of giving someone HIV. You don't have to tell your employer, family, friends, or people you are dating. Talk to your Care Team for more information how Ohio's HIV disclosure laws. Here is a great resource to help you share accurate information about HIV and reduce your risk of transmission: [cdc.gov/hiv/risk](https://www.cdc.gov/hiv/risk)

If your partner is HIV negative there are ways to prevent them from getting HIV: [.cdc.gov/hiv/basics/prep.html](https://www.cdc.gov/hiv/basics/prep.html)

PrEP a daily pill that is up to 90% effective at preventing HIV. Ask a Care Team member how your sexual partners can get on Prep: [ohioprep.org](https://www.ohioprep.org)



**Disclosing your HIV+
status can be hard.**

**When you are ready,
let Equitas Health know how we can help.**



This publication was produced by

Equitas Health

EquitasHealth.com

This work is funded either in whole or in part by a grant awarded by the Ohio Department of Health, Bureau of Health Services, HIV Care Services and as a sub-award of a grant issued by Health Resources and Services Administration under the Ryan White HIV/AIDS Part B grant, grant award number X07HA00016, and CFDA number 93.917 number.



Ohio
Department of Health

**RYAN WHITE
HIV/AIDS
PROGRAM
PART B**