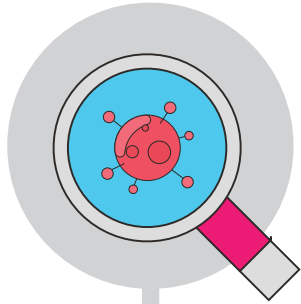




The five Es of HIV transmission

HIV transmission depends on a lot of factors that aren't always obvious to us in the moment. A good way to start remembering the basics of HIV transmission is through the Five Es.

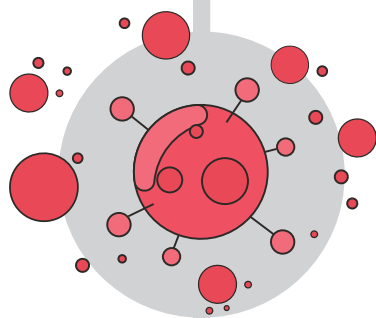
EXIST



HIV must exist in someone's body for transmission to happen.

HIV cannot be transmitted between partners who are HIV-negative.

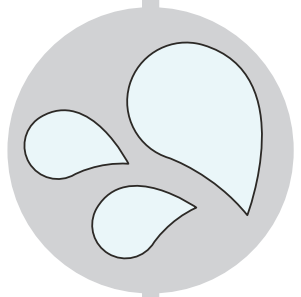
ENOUGH



There also has to be enough HIV in a person's body fluids.

Very low levels of HIV cannot transmit the virus from one person to another. Factors that impact the amount of HIV in our blood include how long we've been living with HIV, and taking HIV medication. When a person is undetectable it means medication has suppressed HIV and it cannot be passed to another person.

EXIT POINT

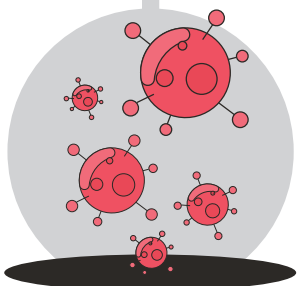


Bodily fluids containing HIV have to exit a person's body.

Bodily fluids that carry HIV include blood, cum, pre-cum, anal fluid, frontal/vaginal fluid, and human milk.

External condoms and other physical barriers can prevent bodily fluids from leaving the body.

ENTRY POINT



Fluids with HIV have to go through an entry point and into the bloodstream of someone who doesn't have HIV.

Entry points include the front hole/vagina, the anus, and anywhere on the body where there is an open wound.

Internal condoms and other physical barriers can prevent bodily fluids from coming into our body.

EXCEPTION



PrEP and PEP provide a high level of prevention even if all four other Es are present.

PrEP is a medication people without HIV can take regularly to prevent HIV.

PEP is another medication and is useful for unplanned situations where we come into contact with HIV.