



# HIV: Know the **RISKS**. Get the **FACTS**.

If you think you're too old to worry about HIV/AIDS, think again.

HIV risk doesn't stop at 50. In fact, men and women over age 50 account for 17 percent of all new HIV and AIDS diagnoses in the 40 states that have long-term confidential name-based reporting. Every 10 minutes someone in the United States is infected with HIV. Make sure it's not you.

## Risk does not diminish with age.

You're at risk if you don't use a condom when having sex with a man or a woman who has HIV. Oral sex also carries a risk of infection. The risk can be especially high for women with age-related vaginal thinning and dryness that can lead to tears in the vaginal area.

Many older adults find it awkward to talk to a new partner about their sexual history and HIV, and most don't discuss sex with their doctors at all. That's a risk you don't have to take.

- Before having sex with a new partner, discuss your HIV status. You both have a right to know.
- Ask your health care provider for an HIV test if you are having unprotected sex or injecting

drugs. Medicare covers it. If you are a man who has had sex with other men, get tested at least once a year. If you are a woman, get tested whenever you have a new sex partner.

- Get tested before engaging in sex with a new partner, and be sure your partner has been tested for HIV too.
- Protect yourself. If you have multiple partners, use a latex condom and lubricant every time you have sex. Avoid contact with another person's blood, and be sure to never share or reuse needles.
- Be alert to possible symptoms. HIV can go undetected in older people because the illnesses associated with it—such as weight loss, pneumonia, fatigue, confusion, and vision problems—also occur more frequently with age.

For more information about HIV and AIDS, visit [www.AIDS.gov](http://www.AIDS.gov) or [www.ACTAGAINSTAIDS.org](http://www.ACTAGAINSTAIDS.org). To find an HIV testing site near you, go to [www.HIVTest.org](http://www.HIVTest.org) or call 1-800-CDC-INFO



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