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U=U stands for **Undetectable equals Untransmittable**. This means that a person living with HIV who maintains an undetectable viral load through medication cannot transmit HIV through sexual intercourse. This fact has been demonstrated in multiple clinical trials in both heterosexual and homosexual partners. This means that if you have an undetectable HIV viral load, you cannot infect another person with HIV through sex, even if you don't use a condom.

PrEP stands for **Pre-Exposure Prophylaxis**. PrEP is a daily medication that can prevent HIV infection in people who come into contact with HIV through sex. PrEP is a great way to minimize the risk of HIV infection for people who have partners with detectable viral loads or people who have multiple sexual partners. To begin PrEP, patients must first test negative for HIV. If you think PrEP is right for you, ask your doctor about it. All medical providers at the AcadianaCares Wellness Center are well-versed on providing PrEP for our patients.

PEP, Post-Exposure Prophylaxis is a medication that can prevent HIV infection after exposure, if taken within 72 hours of the exposure. If you believe that you have come into contact with HIV through sex, contact your doctor and ask about PEP. The Wellness Center is also able to provide PEP to eligible patients.

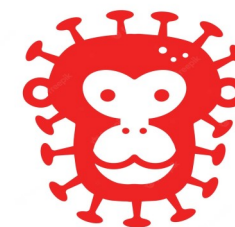
While all of this is great news, please remember that condoms are still an essential protection against other sexually transmitted infections (STIs) such as chlamydia and gonorrhea. The more sexual partners a person has, the higher their risk of contracting a sexually transmitted infection. Regardless of your HIV status, we encourage you to get tested regularly for STIs and have honest conversations about HIV and STIs with your sexual partners.

Given how little vaccine we have received, our top priority for vaccination remains people with known exposures to Monkeypox patients. There are two groups currently eligible for Monkeypox vaccine: (1) individuals with known exposures as well as (2) individuals with likely high-risk exposures in the last 14 days.

Known exposures are identified via contact tracing. The second group was determined based on best practices identified in other jurisdictions as well as limited data collected regarding Louisiana's Monkeypox cases to date.

Specifically, this second group includes: Gay, bisexual, other (cis or trans) men who have sex with men OR Transgender women and nonbinary persons assigned male at birth who have sex with men and

- **Have had intimate or sexual contact with multiple or anonymous partners in last 14 days OR**
- **Have had intimate or sexual contact with other men in a social or sexual venue in the last 14 days**
- **OR Individuals (of any sex/gender identity) who have given or received money or other goods/services in exchange for sex in the last 14 days**



MONKEYPOX



Cabenuva is a new kind of HIV medication that eliminates the need to take daily pills. Cabenuva is a long lasting injection that can keep your viral load undetectable with only one injection per month. If you are interested in being treated with Cabenuva, ask your doctor if it's a good fit for you. AcadianaCares' Wellness Clinic offers Cabenuva injections for eligible patients.

AcadianaCares Wellness Center offers comprehensive HIV and STI testing every Tuesday and Wednesday from 12-3pm and 6-7pm or by appointment.

The Wellness Center offers many medical services including Primary Care and Hormone Replacement Therapy. Primary Care physicians can perform all the routine medical treatment you'd expect from routine blood-work to referrals to specialists.

For those people in need of gender-affirming medical care, the Wellness Center also offers hormone replacement therapy in a welcoming and affirming environment.

This means that you can access a full range of medical services from routine services to services specialized for sexual wellness and the treatment of HIV at AcadianaCares' Wellness Center.



In addition to all of the wonderful services the Wellness Center offers for our clients' physical health, we also offer a comprehensive set of mental health services including individual talk therapy and mental health medication management. At AcadianaCares we believe that access to mental health services are just as important as access to medical care. If you are interested in mental health services, ask your Wellness Center provider, Navigator, or a receptionist to schedule an appointment for individual counseling or medication management.

We at AcadianaCares would like to offer support groups for People Living With HIV. Please follow the QR code to complete a short survey about these support groups in order to share your thoughts and preferences with us. Also, be sure to include your contact information in the survey so that we can contact you directly when we begin the support groups.

[SurveymonkeyURL](#)

