

What is Harm Reduction?

Harm reduction is any behavior or strategy that helps reduce risk or harm to yourself or others. For example, to reduce the risk of contracting or transmitting HIV, you can practice safer sex or safer drug use.

Practice safe sex



Another example of harm reduction for HIV is to decrease or stop drug using so it doesn't interfere with taking your medications.

One thing you can do to protect yourself is to learn how your behavior affects your adherence.

You can also protect others from HIV by practicing safer sex and safer drug use.

