HIV, or Human Immunodeficiency Virus, is the virus that can lead to AIDS (Acquired Immunodeficiency Syndrome) - now called HIV Stage 3. HIV is transmitted through unprotected sex, blood to blood contact, and mother to child through birth and breastfeeding.

Symptoms of HIV can include flu-like symptoms, though many people do not experience any symptoms. The only way to know your status is to get tested. To find out how to get low- or no-cost testing, visit www.knowyo.org.