




# VOTE 2020



**AS THE 2020 ELECTION NEARS**, there is much at stake for people living with HIV and the communities most impacted by the epidemic. POZ and Positive Women's Network–USA (PWN-USA) encourage everyone to get involved this election cycle and to cast their vote. Below are tips compiled from #PWNVotes Election Toolkit on how to effectively leverage your vote and engage your community this election year!

## **PART 1: PREPARE TO VOTE**

Our community must be ready to vote before going to the polls! Here are some tips to make sure you and your folks are prepared for Election Day:

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1. Find out the rules and requirements for voting in your state.
  2. Register to vote!
  3. Help others get registered to vote.
  4. Make voting more accessible.
  5. Know your rights!
  6. Stay safe while voting. (Most states offer privacy programs to protect survivors of domestic violence.)
  7. If you have questions about voting, get answers.

## PART 2: DO YOUR RESEARCH

State and local elections can have a significant impact on whose interests are represented and how resources are distributed. Here are some ways to research the candidates and issues in your district:

1. Find out which candidates are running in your district.
2. Sign up for your local candidates' newsletters.
3. Find info on candidates or sample ballots for elections taking place in your area.
4. Check out candidate profiles.
5. Learn how to assess candidates.
6. Find out how candidates and ballot measures will affect your community.
7. Engage with candidates at your local events.



## PART 3: ELEVATE THE ISSUES

The election cycle is an invaluable opportunity to learn where candidates stand on the issues. Here are some strategies for engaging with candidates and elevating the issues that matter to you:

1. Invite candidates to your clinic, agency or organization.
2. Set up meetings with candidates.
3. Use questionnaires to assess candidates.
4. Attend candidate forums.
5. Go bird-dogging! (This tactic involves following a candidate and asking questions to get attention for your cause or issue.)



## PART 4: GET OUT THE VOTE

The right to vote only matters if we exercise it! Showing up at the polls and encouraging others to do so are critical ways to use your voice during Election 2020. Here are ways to get out the vote:

1. Find out about early voting and voting by mail in your state.
2. Know where and when to go and what to bring with you on Election Day.
3. Volunteer as a poll worker.
4. Spread the word and encourage others to vote.
5. Know your rights.
6. Use a provisional ballot if necessary.
7. Be ready to address any problems or questions that arise on Election Day.



## PART 5: ORGANIZE FOR POWER

POZ and PWN-USA are committed to making sure the voices, perspectives and priorities of people living with HIV are represented during the 2020 election cycle. For links to resources and additional information, visit [poz.com/vote](https://poz.com/vote) or [pwn-usa.org/pwnvotes/](https://pwn-usa.org/pwnvotes/).



Source: Adapted with permission from #PWNVotes Election Toolkit.



# IT STARTS WITH KNOWING YOUR STATUS.

**The only way to know your status is to get tested for HIV.**



## IF YOUR RESULT IS POSITIVE ...

It's okay to feel overwhelmed or confused. But HIV treatments can help people live longer, healthier lives. Talk to a healthcare provider as soon as possible after diagnosis. There's no cure for HIV, but by starting, sticking to, and staying on daily treatment, HIV can be a manageable disease for many people.

## IF YOUR RESULT IS NEGATIVE ...

There are things you can do to stay that way. Use condoms, get retested regularly, and talk to a healthcare provider about HIV prevention medicines for PEP (Post-exposure Prophylaxis) and PrEP (Pre-Exposure Prophylaxis).

# HIV TREATMENT HELPS PROTECT EVERYONE.

Starting and sticking to HIV treatment can lower the amount of virus in the body to undetectable. **According to current research, starting and sticking to treatment every day can help you get to and stay undetectable, which means there's effectively no risk of spreading HIV through sex.** It's called Treatment as Prevention, or TasP. So, HIV treatment can help protect everyone, positive and negative.



# 3 WORDS EVERYONE SHOULD KNOW.

## PrEP

Pre-Exposure Prophylaxis: “Pre” means “before” and “Prophylaxis” means “prevention.” PrEP means taking prescription medicines every day *before* you are exposed to HIV to help reduce the risk of getting HIV. PrEP is for people who are HIV negative and are at risk of getting HIV through sex.

## PEP

Post-Exposure Prophylaxis: “Post” means “after.” PEP means taking prescription medicines daily, immediately after being exposed to HIV, for 28 days to help reduce the risk of infection. You need to start taking it within 72 hours after exposure. So go to a doctor or healthcare center right away.

## Undetectable

If you have HIV, the goal is to get your viral load to undetectable. This means there’s so little virus in the blood that a test can’t measure it. There’s no cure, but getting to and staying undetectable can help reduce the risk of passing HIV through sex. How do you get to undetectable? By starting HIV treatment and taking it every day exactly as prescribed.

## HIV INFORMATION MATTERS, TOO.

Check out [HelpStopTheVirus.com](http://HelpStopTheVirus.com) for more prevention information. And watch videos about HIV medicines, testing, and the importance of sticking to daily treatment.



5 Reasons to Stick to HIV Treatment



Testing Season



Fight Back With HIV Treatment

# STOP THE VIRUS.

[HelpStopTheVirus.com](http://HelpStopTheVirus.com)

Ask a healthcare provider about all the ways you can help prevent HIV.



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SHOULD HIV PREVENTION  
MATTER TO ME?

I AM  
LIVING WITH HIV.

I AM  
HIV NEGATIVE.

**YES!**  
PREVENTION MATTERS  
TO EVERYONE.

See how we can all help stop the virus in  
our bodies and communities.



**STOP THE VIRUS.**