HIV-Discordant Couples

What is an HIV-Discordant Couple?

A couple is discordant if one partner has HIV and the other does not.

An HIV-discordant couple is also called a mixed-status couple.

Ways to prevent HIV transmission within a discordant couple

I’m HIV Positive

- Take HIV medicines every day
- Keep all medical appointments

I’m HIV Negative

- Ask a healthcare provider about PrEP, an HIV prevention method
- Get tested for HIV often

We’re Discordant

- Don’t have sex with other people
- Use condoms during sex