

Why are gay and bi
guys more prone to
getting HIV?



As a gay or bi guy, you're much more likely to get HIV than your average straight man. Ever wondered why?

Here's three reasons 80 percent of HIV in New Zealand is among gay and bi guys:

1 It's much easier to get HIV from anal sex

The relative risk of HIV infection

Vaginal sex without condoms **1**

Anal sex without condoms **18**

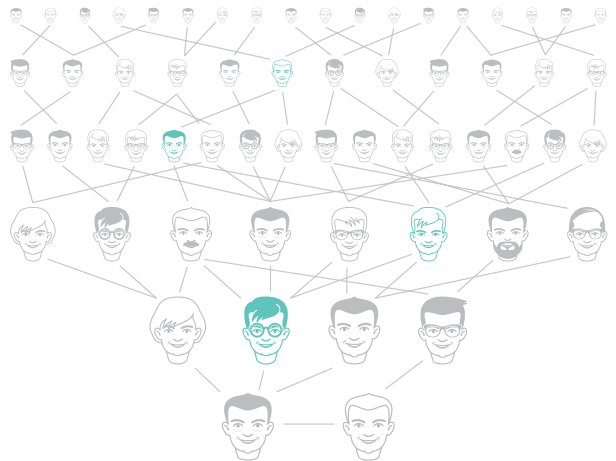
It's been scientifically proven that anal sex is riskier than vaginal sex when it comes to HIV. Eighteen times riskier to be exact. There are two reasons for this. First, the cells in the ass are much more susceptible to HIV than cells in the vagina. Second, both semen and rectal mucosa (the lining of the ass) carry more HIV than vaginal fluid. Combine this with the fact that gay and bi guys have much more anal sex than straight guys, and you've got yourself a lot more risk right there.

2 There's already a lot of gay and bi Kiwis who have HIV



In a recent Auckland study, 1 in 15 gay and bi guys were found to have HIV. So, if you're a guy hooking up with other guys, you're more likely to meet someone who has HIV (and according to that same study, there's a 20 percent chance that person with HIV doesn't know it yet).

3 We're more closely connected than you might think



The reality is that there are less gay and bi guys than there are straight men and women. So when you're meeting a guy for casual sex, the pool of people you have to choose from is smaller. This makes gay and bi guys much more closely connected, sexually, than the rest of the population. It also allows HIV and other STIs to spread quickly among us.

How can you prevent HIV?

Use condoms and lube



8 out of 10 gay and bi Kiwis are protected from HIV during casual sex because they use condoms

When used consistently and correctly, condoms act as a barrier that HIV can't pass through.

While bottoms are at the highest risk when condoms aren't used, it's also high risk for tops because if the bottom has HIV, the lining of the ass can contain high amounts of HIV that can then pass into the penis.

Order free condoms at loveyourcondom.co.nz

Get tested



One in five gay and bi Kiwis living with HIV doesn't know it yet.
So people who say they don't have HIV could be wrong.

The more times you have anal sex without condoms the more often you should test. Knowing your HIV status means you can get access to treatment and support, as well as prevent yourself passing it on to others.

Book a free and confidential test at nzaf.org.nz



NZAF

Te Tūāpapa Mate
Āraikore o Aotearoa

