

North Carolina public health cares about you and our priority is to help you get the care and treatment you need. Disease Intervention Specialists (DIS) are public health advisors that are ready and able to assist you in addressing your health concerns. North Carolina Public Health Law GS 130A-144, 145 and 10A NCAC 41A.0202 now states that:

1) HIV positive individuals who are in HIV care, AND following the treatment plan your HIV clinician has developed for you AND have been virally suppressed (HIV RNA <200 copies/mL) for at least 6 months do not have to use condoms or notify future sexual partners of their HIV status.

**North Carolina public health still encourages all sexually active persons to engage in good sexual health practices, which include using condoms for STD prevention and discussing HIV/STD status with all partners.*

2) HIV positive individuals who are not in HIV care, OR not following the treatment plan your HIV clinician has developed for you, OR have not been virally suppressed (HIV RNA <200 copies/mL) for at least 6 months must:

- A. Notify **ALL** future sexual partners of your HIV infection before sexual encounters.
- B. Use a condom with all sexual encounters, except when:
 - i. Your sex partner is also HIV positive or
 - ii. Your sex partner is taking HIV Pre-Exposure Prophylaxis (PrEP) as prescribed by an attending clinician.
- C. If you know when you were infected with HIV, you must notify all sex and needle sharing partners since that date of your status OR give their names and contact information to a DIS who will confidentially notify your partners for you.
- D. If you do not know when you were infected with HIV, you must notify all sexual and needle sharing partners for the past 12 months of your status OR give their names and contact information to a DIS who will confidentially notify your partners for you.

3) All HIV positive individuals, whether you are virally suppressed or not, must NOT:

- E. Share needles, syringes, or other injection drug related equipment.
- F. Donate or sell blood plasma, platelets, other blood products, tissues, semen, ova, or breast milk.
**Semen and ova can be harvested for use by that individual's spouse or partner to achieve pregnancy from a person living with HIV if done under the supervision of an attending physician.*
- G. Donate organs, unless done as part of an approved clinical research study.

4) All HIV positive individuals must be tested for tuberculosis.

Please feel free to contact me, _____ at _____ for any questions,
DIS name **Office phone #**
concerns or assistance you may need in the future.

