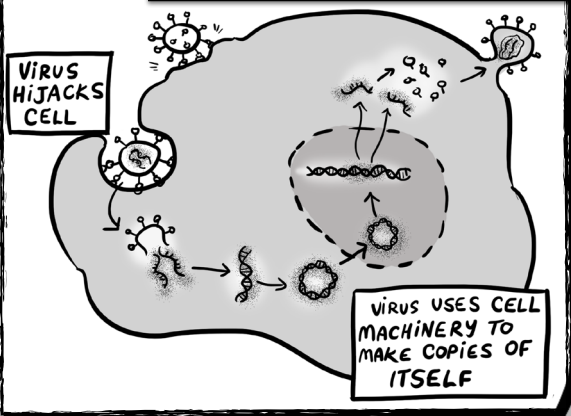


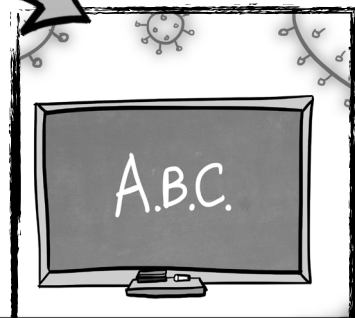
# Beyond the ABCs: How to Prevent HIV

1

A virus is a tiny organism which can infect bacteria, plants and animals, causing diseases like the common cold and COVID-19. In humans, one example of a deadly virus is the human immunodeficiency virus (HIV), which causes acquired immunodeficiency syndrome, leaving our body's immune system exposed to other diseases.



2



One way to prevent HIV is through the ABCs: abstinence (to avoid having sex), being faithful (to reduce HIV risk by having one partner) and using a condom (to stop the transfer of body fluids).

3



But the ABCs aren't perfect! Are there better ways to prevent HIV, especially for women?



This is what two scientists, Dr. Quarraisha Abdool Karim and Dr. Salim Abdool Karim, have been working on for over 30 years.

The Karims developed, for the first time, a gel which prevents HIV infections through sex, and empowered women to protect themselves.

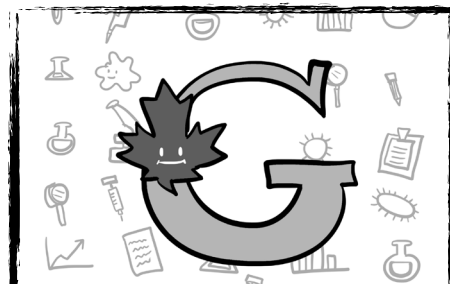
5



TENOFOVIR GEL

Their work laid the foundations for pre-exposure prophylaxis: a strategy to prevent HIV which is now recommended by the World Health Organization.

6



The Karims are the recipient of a 2020 John Dirks Canada Gairdner Global Health Award for this important contribution. The Gairdner Award is a prestigious honor that recognizes researchers who have made a big impact in their field of study.