

MB HIV Program Response to the Province of Manitoba Declaring a Public Health Emergency to Combat the Spread of HIV, May 7th, 2026

Manitoba has the highest rate of HIV in Canada, which reflects longstanding and persistent inequities across the province. Indigenous Peoples are disproportionately impacted in Manitoba due to ongoing impacts of colonization, intergenerational trauma, systemic racism and structural barriers in our healthcare system.

The [Manitoba HIV Program](#) supports the Province's recognition of HIV as an urgent public health issue and sees this declaration as an important step to accelerate coordinated action.

We will participate in efforts with guidance from Indigenous organizations, community and people with lived experience, to shape and lead HIV testing, prevention and treatment efforts that reflect the values and principles of the communities most impacted by HIV in Manitoba.

Manitobans should know that:

HIV is treatable.

When people are provided with the supports to enable them to adhere to treatment, people living with HIV can live as long as people who do not live with HIV. When people living with HIV can adhere to treatment and maintain an undetectable viral load, the risk of onward sexual transmission is zero: [U = U \(undetectable = untransmittable\)](#)

When HIV is transmittable, it is usually passed through vaginal or rectal sex, or through shared injection drug use equipment. You cannot pass HIV through contact with someone's skin. You cannot transmit HIV through shaking hands, hugging, sharing toilets, sharing dishes, silverware, or drinking glasses.

HIV is preventable.

- Get tested routinely; when testing for one STBBI test for all
- Ask your healthcare provider for [pre-exposure prophylaxis \(PrEP\)](#). PreP is an HIV prevention medication that can reduce the risk of contracting HIV by up to 99%.
- Use new substance-use equipment every time you use
- Use condoms if you're having sex
- Find out where to access testing, safer drug use supplies and condoms [here](#)

If you test positive, know there is help.

With treatment, care and support, you can live long and well with HIV. Call the MB HIV Program for support to get connected to care for your HIV:

Toll-free at 1-866-449-0165

For more information visit our [website](#).

Contact:

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Find out more about HIV in Manitoba: [Manitoba HIV Program Report 2025](#)