What are the benefits?

VMMC reduces the risk of a circumcised man being infected by HIV by 60%.

- It is a quick, safe procedure with no long-term side effects.
- It reduces the chances of getting other sexually transmitted infections (STIs).
- Circumcision has been shown to help prevent cancer of the penis.

How does VMMC protect against HIV?

- It removes an HIV entry point – the inner foreskin contains cells that HIV targets to enter the body.
- Small tears or genital ulcers on the foreskin can increase the risk of HIV infection.
- It does NOT reduce the risk of sexual transmission of HIV on to a female or male partner.

What else do I need to know?

Circumcision should always be done by a trained health professional in a clinical setting. Do not use a traditional healer or religious leader.

- It’s important to know your status before considering circumcision. If you are HIV-positive, circumcision doesn’t reduce the chances of you passing HIV on to others.
- Circumcision reduces but doesn’t eliminate the risk of HIV infection. So stay smart and keep using other forms of protection like condoms or PrEP.
- Get tested regularly for HIV and other STIs.

Know your rights

You have the right to:

- be fully informed by a trained health worker
- be circumcised by a medical professional.