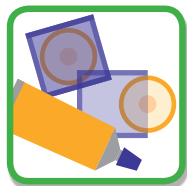
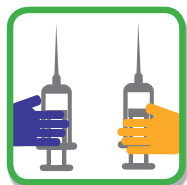


## HIV can be prevented by:



Using a condom (male or female) during sexual intercourse and avoiding receiving semen in the mouth during oral sex.

During anal sexual intercourse water-based lubricants and condoms should be used; oil-based lubricants or creams should never be used.



Not sharing syringes, needles or other devices to prepare injectable drugs or snort drugs and using disposable or sterile skin perforating equipment (e.g., earrings, piercings, tattooing gear).

Not sharing razors and tooth-brushes.

Currently, thanks to antiretroviral therapy, a woman with HIV who receives proper treatment can have a normal pregnancy and labor and give birth to an HIV-free baby.

If you have HIV you should not breastfeed your baby.

When a person with HIV is receiving treatment and has an undetectable viral load, his or her risk of spreading the virus to others is much lower.

## What is Post-exposure Prophylaxis (PEP)?

It is an exceptional preventive measure that consists of taking antiretroviral medication for 28 days after likely exposure to HIV to reduce the risk of infection.

You should go to an emergency room preferably within six hours after exposure and no later than 72 hours after exposure and health professionals will assess your specific situation.

## If you have any questions please contact:



Coordinadora Estatal de VIH y sida

C/ Juan Montalvo, nº 6.  
28040 Madrid  
Telf./Fax: 915 223 807

Correo electrónico:  
[cesida@cesida.org](mailto:cesida@cesida.org)  
[infosida@cesida.org](mailto:infosida@cesida.org)

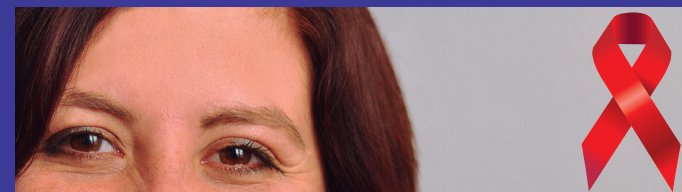
Páginas web:  
[www.cesida.org](http://www.cesida.org)  
[www.infosida.es](http://www.infosida.es)

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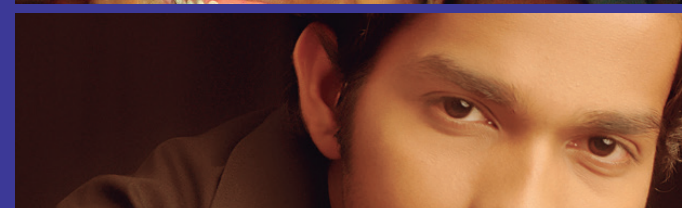
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Diseño: [perfritsche.com](http://perfritsche.com)  
Fotos: Ariel da Silva Parreira, Barun Patro, José Rivera, Oliver Delgado, Vikash Sharma, Geloo, David Dallaqua



# Any questions on... HIV AND AIDS?



## What are HIV and AIDS?



HIV is a virus that destroys our immune system once it has entered our body, so it makes us more likely to get other diseases.

AIDS is an advanced state of HIV infection that can happen years after a person has become infected if he or she has received no treatment or if the treatment has failed.

## How is HIV transmitted?



By having anal or vaginal sexual intercourse without a condom.



In oral sex, the risk of HIV transmission can be reduced by avoiding receiving semen in the mouth.



By sharing syringes, needles, other injection material or any cutting or sharp objects that have been in contact with infected blood.



From mother to child during pregnancy, childbirth or breastfeeding.

## HIV is NOT transmitted through:



Kissing, hugging, holding hands, touching or masturbating one's partner.



Tears, sweat, saliva, coughing or sneezing.



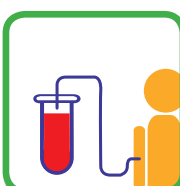
Living or working with people who are infected with the virus.



Sharing common objects, clothes, food, the bathroom or toilet, swimming pool, sports or leisure facilities, workspace, accommodation, schools, spas or other public places.



Animal or insect bites or stings, including mosquito bites.



Giving or receiving blood, in countries where proper controls are in place.

## How can I find out if I have HIV?

The only way to find out is to take an HIV test, which is specific (HIV can't be detected in a routine test). It can take up to 3 months from first contact with HIV for the body to produce the antibodies that are detected in the test. It is very important to know when you conducted the latest risk behavior to know whether the result of the test is reliable or the test should be repeated.

There are fast HIV tests whose results can be obtained in less than 40 minutes.

HIV tests should always be voluntary and confidential and are performed free of charge in public health care centers and NGOs.

They are also performed in private clinical laboratories and some pharmacies.

In some STI centers, NGOs and pharmacies you won't be asked for the health insurance card (tarjeta sanitaria).

## When should you get tested for HIV?

- If you have never been tested before and you have had sex without a condom.
- If you think you are pregnant or are planning to become pregnant.
- If you have had a sexually transmitted infection, tuberculosis or viral hepatitis.
- If you have a steady partner and you want to stop using condoms with him or her.
- If you have shared equipment to inject drugs (e.g., syringes, needles, spoons, filters) or have used non-sterile gear in perforations of the skin or mucous membranes (e.g., earrings, piercings, tattoos).

If you have taken risks, don't wait. Go to your health care center or anywhere else where you can get tested. The staff will assess your situation and recommend which test to take and, if you are found to be HIV-positive, they will give you advice on how to seek medical care.

Knowing whether you have HIV will allow you to get medical care as soon as possible and receive effective treatment that will prevent health-related complications and improve your quality of life. It will also protect you from reinfections and prevent you from transmitting HIV to other people.