

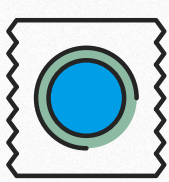
12

DOUBTS ABOUT THE HIV VIRUS

HIV DOES NOT DISCRIMINATE. WE ARE ALL VULNERABLE. PROTECT YOURSELF

It **IS** transmitted by:

1.



Sexual intercourse with anal or vaginal penetration and without a condom. Oral sex also entails a risk of transmitting HIV.

2.



Having other sexually transmitted diseases (STD) increases the risk of having HIV.

3.



Sharing syringes, needles, other injection material or anything that can cut or prick the skin and which has been in contact with infected blood.

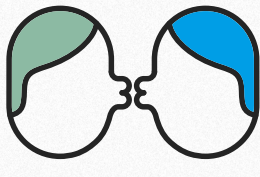
4.



From mother to her baby during pregnancy, childbirth or when breastfeeding.

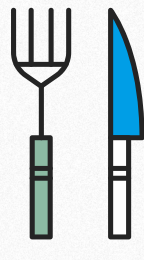
It is **NOT** transmitted by:

1.



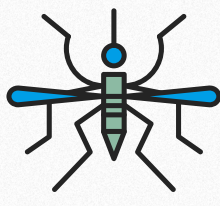
Living with people who have the virus. Kissing, caressing, holding hands, touching or masturbating your partner.

2.



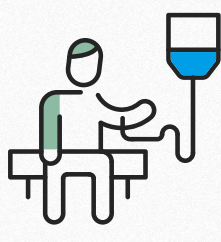
Sharing commonly used objects, for example clothes, food, showers, toilets, workspaces, schools, dormitories or public places, amongst others.

3.



Animal or mosquito bites or stings.

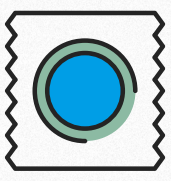
4.



Donating or receiving blood in countries where there is inadequate control.

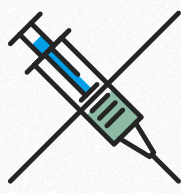
It can be **PREVENTED** if:

1.



You use a condom, male or female, while practising sexual intercourse with penetration and avoid ejaculating in the mouth.

2.



Do not share syringes, needles, razor blades, toothbrushes and other items that perforate the skin (earrings, piercings, tattoo material, etc.).

3.



You do not breastfeed your baby. A person being treated for HIV can experience a normal pregnancy and childbirth and their baby can be born without HIV.

4.



The person with HIV is receiving treatment. The risk of transmission is very low and their viral load is undetectable.

When should I do the test?



If you have practiced sexual intercourse without a condom and have never done the test before.



If you suspect you may be pregnant or wish to have a child.



If you have had a sexually transmitted disease, tuberculosis or viral hepatitis.



If you have a stable partner and would like to stop using condoms.



If you have shared material used to inject drugs (syringes, needles, knives, filters, etc.) or have used unsterilised material to perforate the skin or mucous membranes (earrings, piercings, tattoos, etc.).

What is post-exposure prophylaxis?



28 days

This measure consists of taking **antiretroviral medication for 28 days after a possible exposure to HIV** in order to reduce the risk of becoming infected.



72 hours

There is a window of **between 6 and 72 hours after the exposure to HIV** in which you should **visit emergency services** for an individual assessment by healthcare personnel.