

What do you have to do to avoid infection?

Use a condom every time you have penetrative sex with an infected person or with anyone if you are unsure if they are infected or not. Remember there are people who do not know that they are infected by HIV and this is why you have to take precautions. Using a condom is the best method of preventing HIV and other sexually transmitted infections and it helps to avoid pregnancy too. Also using a condom is very easy; just follow the instructions you will find in the condom packs.

Never use syringes or needles previously used by other people.

Do not share cutting instruments which have been in touch with the blood of other people.

Why is it good to get tested for HIV?

Though there is no definitive cure for AIDS, there are new and potent treatments which have been available in Spain since late 1996 and which allow infected people to live longer and with better health. In case you are infected, the sooner you find out, the sooner you will be able to start the treatment prescribed by your doctor. In Spain, HIV testing is recommended for all pregnant women. You have to know that if you are pregnant and infected by HIV, there are treatments which markedly reduce the risk of passing HIV to your child. You can also decide to have a legal termination of your pregnancy. If you find out you are infected, you should not breast feed your child.

Also, if you find out that you are infected, you should be sure to ALWAYS use a condom when having penetrative sex in order not to infect other people.

And remember, respect and solidarity contribute to prevent HIV

HELPFUL ADDRESSES AND PHONE NUMBERS CC.AA.

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**AIDS DOESN'T RECOGNISE
CULTURES, BORDERS OR COLOUR.
PROTECT YOURSELF BY USING A CONDOM
WHEN YOU HAVE SEX**

What is AIDS?

AIDS is a disease caused by a virus called HIV or the «AIDS virus». This virus attacks the defences of our bodies making us more vulnerable to infections and some types of cancer. Someone who has HIV in his/her body is an infected person.

An infected person may feel well and may not suspect that he/she has HIV but if he/she does not receive treatment, AIDS may develop and within approximately 10 years. Even before the development of AIDS, someone infected by HIV may infect other people if precautions are not taken.

To find out if you are infected, you have to take a simple blood test. You can have this test done in any health centre, free of charge and without disclosing your name. Ask for information from the telephone numbers you will find listed on the last page.

There are 33 million people infected by HIV in the world and Spain is one of the most affected countries in Europe. The AIDS virus does not distinguish between men and women, countries, races or ages; any of us can get infected and avoiding HIV depends on our behaviour. First, you have to know:

AIDS

How is HIV transmitted?

Through penetrative sex vaginal, anal or oral without condoms, both between men and women or between men.



By using syringes or needles which have been previously used by infected people.



By using sharp instruments such as needles for tattooing and piercing or razors that have been in touch with the blood of an infected person.



A pregnant woman who is infected by HIV can pass it on to her child during pregnancy, delivery and breast feeding.



NO AIDS

How is HIV NOT transmitted?

By working, living or going out with a HIV infected person.



By going to the same school as an infected child.

By shaking hands, hugging or kissing.



By sleeping in the same bed.

Through sex without penetration.



By sharing spoons, knives and forks and eating from the same plate or drinking from the same glass.

By using public toilets, swimming pools or showers.

Through bites from mosquito or domestic animals.



In Spain, there is no risk of infection by giving or receiving blood.

How is HIV transmitted?

What do you have to do to avoid infection?

If any of these apply to you, it is essential that you get tested for HIV. Get informed

In everyday life, there is no risk of transmission of HIV