

The basics

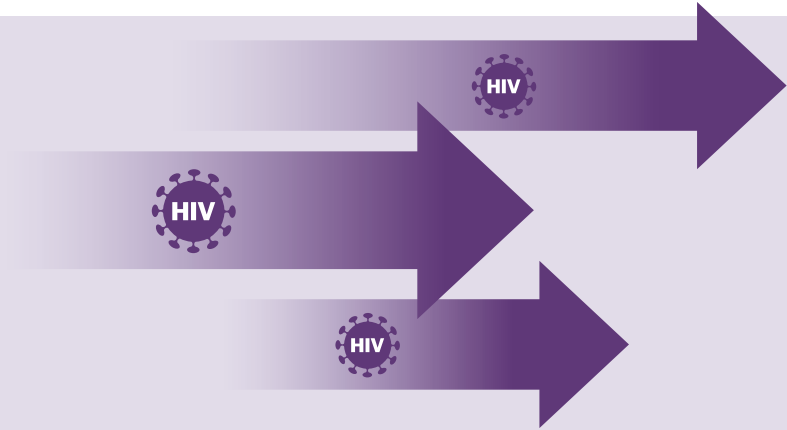
Transmission facts

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Charity number 1011220

With thanks to the staff and service users at the following organisations, for the feedback that shaped these resources: Africa Advocacy Foundation, African Culture Promotions, Community Health Action Trust, Ernest Foundation, Ffena (African Health Policy Network), HIV Health Trainers (Terrence Higgins Trust), First Point (Metro Centre), Positive Care Link, Salem Health Project, Widows and Orphans International.

Thanks to the MAC AIDS Fund for funding this leaflet.

This leaflet can be viewed in large format as a PDF.
Call NAM on 020 3242 0820.



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Notes

If you have any questions about how HIV is passed on, you can speak to an adviser at THT Direct (phone: 0808 802 1221).

Blood transfusions

- Some poorer countries do not use modern methods to test donated blood for HIV, so there is a risk of HIV being passed on through a blood transfusion.
- In the UK, all donated blood is carefully tested for HIV, so the risk of HIV being passed on through a blood transfusion is extremely low.

Want to find out more?

For more information on this topic:

- read our 'HIV & sex' booklet;
- read our 'Having a baby' leaflet; or
- speak to an adviser at THT Direct (phone: 0808 802 1221).

For more information about HIV

You can get free fact sheets, booklets, email bulletins and a newsletter from our website at www.aidsmap.com/resources. You can get answers to common questions at www.aidsmap.com/hiv-basics and find local services at www.aidsmap.com/e-atlas.

Contact us by calling 020 3242 0820 or by sending an email to info@nam.org.uk

Has this resource been useful to you?

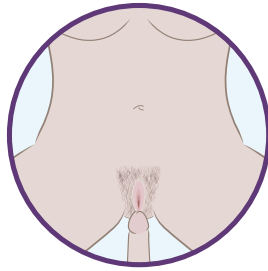
Please let us know what you think by visiting our website at www.aidsmap.com/feedback, phoning us or sending an email to info@nam.org.uk. Your feedback helps us to improve the services we offer you.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

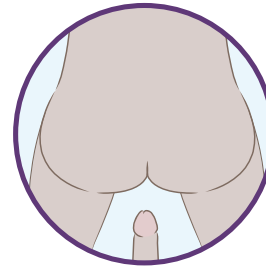
We recommend that you discuss the information in this leaflet with a doctor or other health worker.

HIV can be passed on during the following activities:

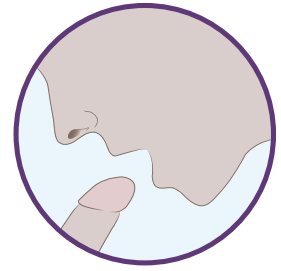
Vaginal sex, without a condom



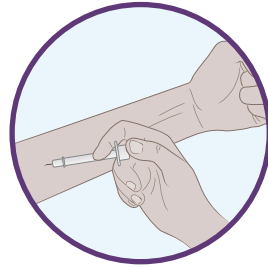
Anal sex, without a condom



Oral sex, on a man, without a condom. (Although there is less risk than through vaginal sex or anal sex.)



Injecting drug use, if equipment is shared.



During pregnancy or childbirth, if precautions aren't taken.



Breastfeeding

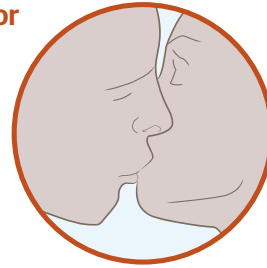


There is no risk of HIV being passed on during the following activities:

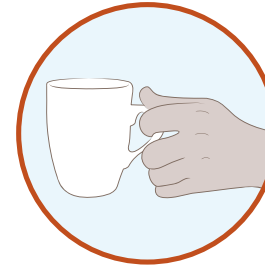
Shaking hands



Kissing or hugging



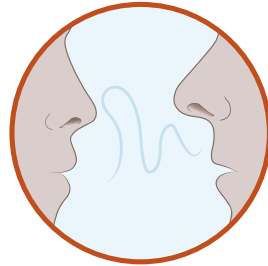
Sharing plates or cups



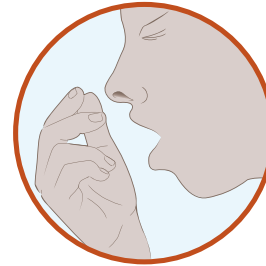
Using a toilet



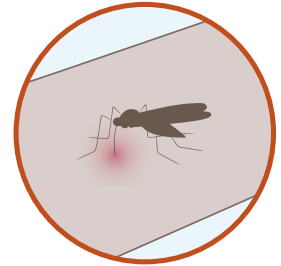
Breathing the same air



Spitting, sneezing or coughing



Mosquito bites



Important points

- HIV can only be passed on when one person's body fluids get inside another person.
- The only body fluids which contain enough HIV for the infection to be passed on are semen, fluids from the vagina, moisture in the rectum, blood and breast milk.
- You can prevent HIV from being passed on during sex by using condoms correctly.