

Transmission Equation

BODILY FLUID WITH HIV:

Blood (including menstrual blood), semen, pre-cum, anal secretions, vaginal secretions, or breast milk



ACTIVITY:

Unprotected sex (vaginal, anal and oral) and shared sex toys, sharing needles or mother-to-child



DIRECT ACCESS FOR THE VIRUS TO ENTER THE BLOODSTREAM:

vagina, anus, foreskin, urethra in the penis, open cuts and sores, injection, or mouth



RISK OF HIV TRANSMISSION

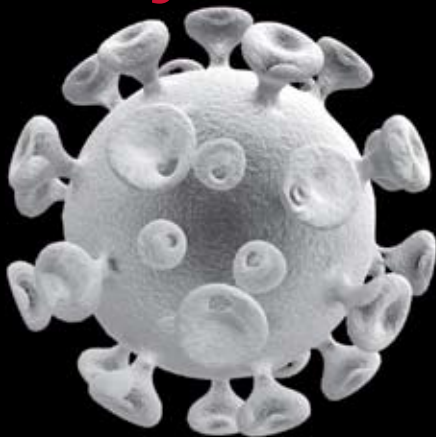
For more information, contact:



AIDS CALGARY
awareness association

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What do
you



know
about me?

What is HIV/AIDS?

HIV: Human Immunodeficiency Virus

AIDS: Acquired Immune Deficiency Syndrome

AIDS is caused by a virus called HIV. Once you get HIV, you have it for life.

What does it do?

HIV attacks the immune system making it easier for you to get sick. After you have HIV for a while, your immune system becomes weak making you unable to fight off infections and cancers. This is when you would be given an AIDS diagnosis.

How do you get it?

HIV needs to get into your bloodstream to infect you. HIV can live in blood, semen, pre-cum, anal secretions, vaginal secretions, and breast milk.

The three common ways of transmission

- Unprotected vaginal, anal or oral sex and shared sex toys.
- Sharing needles and syringes.
- From mother to child during pregnancy, delivery or breastfeeding.

What does not cause infection?

Saliva, urine, mosquito bites and tears do not transmit HIV. It is safe to use utensils, toilet seats and towels. Casual contact like kissing, hugging, and touching, as well as caring for someone living with HIV/AIDS is safe.

Reducing the risk

A person living with HIV does not look different than anyone else. HIV does not discriminate.

- Use a latex or polyurethane condom every time.
- Talk about HIV and STIs with your partner.
- Abstinence is an option.
- Never share needles. Use a clean needle every time.
- If getting a tattoo or piercing, go to a reputable establishment that uses sterile equipment.