

no yes no yes no yes
 yes no yes yes no yes no
 yes

What is HIV?

The Human Immunodeficiency Virus (HIV) destroys our organism's defences, causing us to suffer from infections, tumours and other illnesses. AIDS is the most serious phase of the HIV infection.

HIV can only be transmitted through:

- Not using a condom during penetrative sex (vaginal, anal or oral).
- Sharing a sharp instrument which has been in contact with infected blood: syringes, needles, instruments used for acupuncture, tattoos, piercings, etc.
- From a HIV positive mother to her child during pregnancy, labour or breastfeeding.

HOW CAN YOU PROTECT YOURSELF FROM HIV?

Use a condom during penetrative sex. Avoid sharing syringes, needles or other injection tools if you are an injected drugs user.

Under no circumstances can HIV be transmitted through:

- Kisses, hugs, caresses, holding hands or touching.
- Tears, sweat, saliva, coughing or sneezing.
- Sharing common objects (telephones, cutlery, etc.), clothing or food.
- Sharing showers, bathrooms or toilets, swimming pools, sports or leisure facilities, workplaces, schools or public buildings.
- Animals, mosquitoes or other insects.
- Giving or receiving blood, in countries where this is adequately controlled.

Ignorance or incorrect understanding about AIDS and how HIV is transmitted and, above all, how it cannot be transmitted, are the causes of the stigmatisation or discrimination of persons with HIV.

INFORM YOURSELF AND DO NOT DISCRIMINATE

yes no yes yes no yes yes
 yes no yes no yes no
 no yes yes yes

Early diagnosis of the HIV infection:

A PRIORITY

In Spain it is estimated that there are between **120,000** and **150,000** people infected by HIV, a quarter of who are unaware of it. This means that **35,000** people are not benefiting from the existing treatment and could transmit HIV to their sexual partners without knowing.

120.000-150.000

35.000

For this reason, this year the central theme of World Aids Day, aimed at raising public awareness of HIV infection, is to promote the **HIV TEST**

Early knowledge of a positive result of the HIV test will allow you to:

- Benefit from medical treatment.
- Access an efficient treatment that will improve your quality of life and increase your life expectancy.
- Adopt the required measures to prevent transmission of the infection to others.



Inform yourself

Anywhere in Spain free of charge:

Red Cross: 900 111 000/informacionvih@cruzroja.es
 900-ROSA: 900 601 601

Information for Autonomous Communities and Cities:

ANDALUSIA	900 850 100/ www.juntadeandalucia.es/salud/vih
ARAGON	900 111 000/ www.saludpublicaaragon.es
ASTURIAS	985 338 832/ www.pruebadeamor.org
BALEARIC ISLES	971 176 855/ www.portalsalut.caib.es
CANARY ISLANDS	902 114 444/ 922 237590 www.gobiernodecanarias.org/sanidad/scs/sida.htm
CANTABRIA	942 207 745/ 732/ www.saludcantabria.org
CASTILE-LA MANCHA	900 111 000 / www.jccm.es
CASTILE AND LEON	983 413 600/ www.salud.jcyles
CATALONIA	900 212 222/ www.gencat.cat/salut
EXTREMADURA	924 382 641/ 924 382 594/ www.saludextremadura.com
GALICIA	881 542 914/ http://dxsp.sergas.es
MADRID	900 111 000/ www.madrid.org/ www.sitelias.net
MURCIA	900 706 706/ www.murciasalud.es
NAVARRA	848 423 396/ www.isp.navarra.es
BASQUE COUNTRY	943 006 464/ www.euskadi.net/sida
LA RIOJA	941 291 976/ www.riojasalud.es
COMMUNITY OF VALENCIA	900 702 020/ www.sp.san.gva.es
CEUTA	856 205 009/ www.ceuta.es:8080/sanidad/principal
MELILLA	952 976 251 / www.melilla.es



What does the HIV test consist of?

- It is a specific analysis which **detects HIV infection**.
- It **cannot be performed without your consent**, the result is confidential and it can be performed anonymously.
- It is **free** at all **public health centres** and at **sexually transmitted disease clinics**, and some **NGOs** will not ask you for your health card identification.
- In some centres, there are **rapid tests** for detecting HIV, **the result of which can be obtained in less than 30 minutes**. A positive result in such tests is only provisional and requires subsequent confirmation. A negative result does not require any confirmation.

If you have engaged in risky practices, don't delay, visit one of these centres. There they will evaluate your case, recommend the test and, if the result is negative, tell you if you have to repeat the test and when.

Who should take the HIV test?

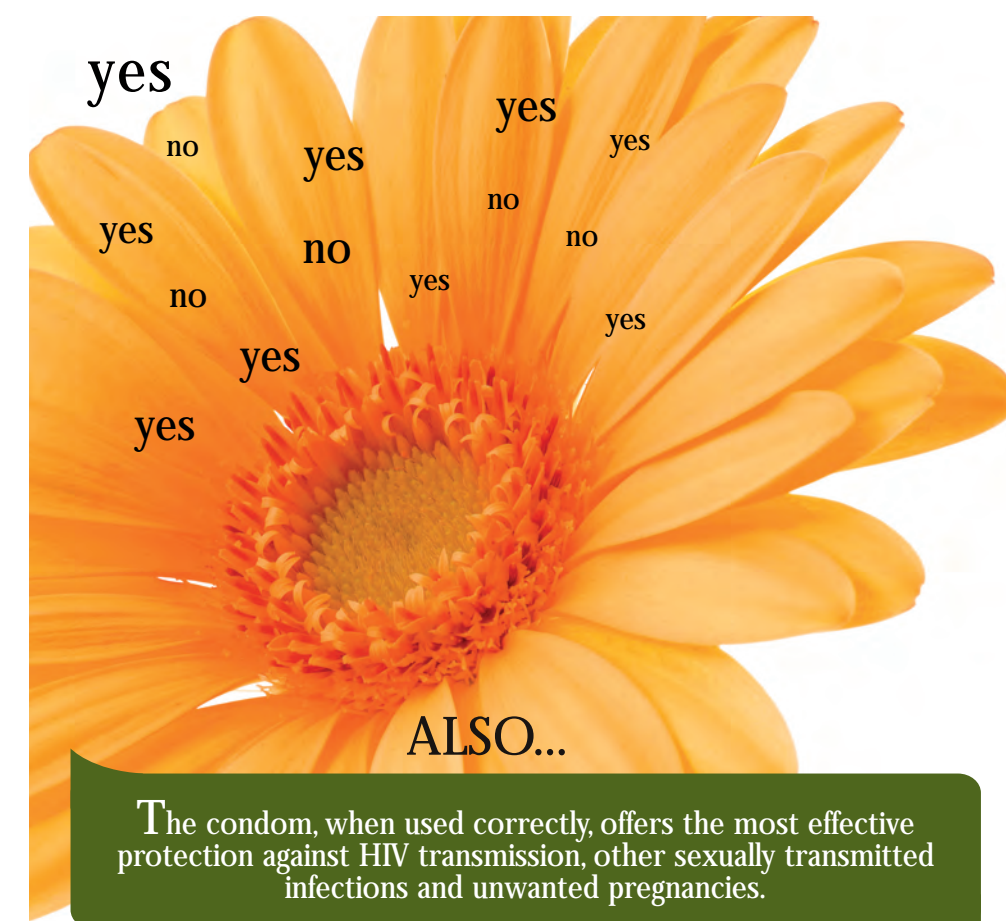
- Women who are **PREGNANT** or are planning to have children.
- People who have suffered from a sexually transmitted infection, tuberculosis or hepatitis.
- People who have a steady partner and no longer wish to use a condom with their partner.
- Anyone who has engaged in **ANY** of the following **risky practices**:
 - Penetrative sex (anal, vaginal or oral sex with ejaculation) without a condom with any person with HIV or who does not know if they are infected.
 - Sharing equipment in order to inject drugs (syringes, needles, cutlery, filters, etc.).



Love yourself
 Take the test. Use a condom.

1 December, World Aids Day.

DETÉN EL SIDA. STOP SIDA. PARA LA SIDA
 STOP AIDS. ATURA LA SIDA. GELDIARAZI HIESA. DETÉN A SIDA.
 ОСТАНОВИТЕ СПИД. 拒绝爱滋. لتوقف الإيدز.



ALSO...

The condom, when used correctly, offers the most effective protection against HIV transmission, other sexually transmitted infections and unwanted pregnancies.

- The risk of HIV infection exists for both the person who penetrates and the person who is penetrated, although it is greater for the latter, and increases with the presence of genital lesions and sexually transmitted infections (STIs).
- If you have penetrative sex (anal or vaginal) with a person with HIV or who does not know if they are infected with HIV, always use a condom. Also use a lubricant for anal penetration.
- HIV transmission can occur during oral sex with ejaculation in the mouth. There is also the risk of other STIs (gonorrhoea, syphilis). To prevent HIV infection, use a condom or avoid ejaculation in the mouth.