

DO YOU HAVE DOUBTS ABOUT HIV AND AIDS ?

In this brochure, we will help you answer all the questions you have about HIV, AIDS, and other STIs.



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WHAT ARE HIV AND AIDS?

HIV is a virus. When HIV gets inside the body, it destroys the body's defences, making it easier to contract other diseases.

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AIDS is the advanced stage of an HIV infection. It can occur years after the contraction of HIV, when there has been no treatment or it has failed.

HOW IS HIV TRANSMITTED?

➔ **SEXUAL CONTACT:**
Anal or vaginal penetration without using condoms or using them improperly.

During **oral sex**, the risk of transmission increases if there are lesions in the oral mucosa of the person who practices it.

Having a **sexually transmitted infection** (STI), even without symptoms, increases the risk of transmitting or contracting HIV during sex.

➔ **BLOOD**
When **sharing syringes**, needles or any other object that cuts or pricks and has been in contact with infected blood.

➔ **PERINATAL TRANSMISSION**
From mother to her baby during **pregnancy, delivery or breastfeeding** if the mother is not taking antiretroviral treatment

Thanks to antiretroviral treatment, a mother with HIV who is on treatment and has an **undetectable** viral load will not transmit the virus to her baby, either during pregnancy or delivery.



✉ cesida@cesida.org

☎ 915.223.807

📷 @cesida

HIV IS NOT TRANSMITTED BY

- ➔ Kissing, caressing, shaking hands, touching or masturbating your partner.
- ➔ Tears, sweat, saliva, cough or sneezes.
- ➔ Living together or working with people with HIV.
- ➔ Sharing common items such as clothes and food; or common spaces, such as showers, toilets, swimming pools, sports and leisure centres or residences
- ➔ Bites or stings from animals and mosquitoes or other insects.
- ➔ Giving or receiving blood in countries where screening is adequate.

U=U UNDETECTABLE=UNTRANSMITTABLE

People with HIV who are on antiretroviral treatment and have an undetectable viral load in blood

DO NOT TRANSMIT HIV during sex.

RECOMMENDATIONS:

- ➔ **Vaginal delivery** to women with HIV, who have been taking antiretroviral treatment, have reached 36 weeks with undetectable viral load and are not suffering from other medical complications.
- ➔ **Scheduled caesarean section** to prevent perinatal transmission of HIV to women who have a high or unknown viral load at the time of delivery.
- ➔ In **breastfeeding** the risk of HIV transmission is extremely low if the mother's viral load is undetectable, but it has not been proven to be zero, so it is NOT recommended.



NO MORE DOUBTS ABOUT VIH

HEALTH PROMOTION AND PREVENTION OF HIV AND OTHER STIs WITH MIGRANT PEOPLE

HOW TO PREVENT HIV?

DURING INJECTION DRUG USE:

- ➔ Not reusing or sharing syringes, water or drug preparation equipment.
- ➔ Using new needles and syringes obtained from a reliable source every time

DURING SEXUAL CONTACT:

- ➔ Avoiding ejaculation in the mouth.

- ➔ Using external or internal condoms (also known as male or female condoms) during sex. If used the right way and if it remains unbroken, condoms are proven tools to prevent the transmission of HIV and most STIs.

- ➔ Using water-soluble lubricants during penetration because they reduce the risk of condom tear and facilitate penetration. Oil-based lubricants or creams should never be used.

TALK TO YOUR DOCTOR ABOUT PREP IF:

- ➔ You do not have HIV, but your partner is HIV positive.

- ➔ You are not in a monogamous relationship and do not always use condoms.
- ➔ You inject illegal drugs or share needles.
- ➔ You have a partner who is HIV positive and want to get pregnant. PrEP can help protect you and your baby.

PrEP and PEP do not replace the regular use of condoms or other prevention methods, as they do not prevent other STIs.

LA PREP (PRE-EXPOSURE PROPHYLAXIS)

A method of **HIV prevention** for people at a high risk of contracting HIV. PrEP is a tablet medication to be taken orally every day. When taken as prescribed, it is highly effective.

LA PEP (POST-EXPOSURE PROPHYLAXIS)

Medications taken after a possible exposure to HIV to **prevent infection**. To be used only in emergency situations and taken within 72 hours of possible exposure.

PEP
PrEP

cesida



Subvencionado por:



DO NOT DOUBT!
DO NOT DOUBT!
DO NOT DOUBT!
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DO NOT DOUBT!



HOW CAN I KNOW IF I HAVE HIV?

The only way to know your HIV status is to **GET TESTED FOR HIV**.

It can take up to **3 months** from the time the infection occurs until the antibodies detected in the test are generated. It is vital to know when you had the last risk practice to know if the result is reliable or if it is convenient to repeat it.



GET TESTED!

Check CESIDA's network of associations that perform rapid HIV tests and **LEAVE NO DOUBT**.

QUICK. FREE. CONFIDENTIAL.

WHERE CAN I GET TESTED FOR HIV?

HIV testing should always be voluntary and confidential and can be performed **free** of charge in health centres of the public healthcare system and in NGOs.

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It can also be done in private clinical analysis laboratories and pharmacies.

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Some STIs centres, NGOs and pharmacies do not ask for a health card.

SEXUALLY TRANSMITTED INFECTIONS **STIs**

Sexually transmitted infections (STIs) are infections caused by bacteria, viruses, fungi and parasites that, in most cases, are transmitted during sexual contact, especially during vaginal and anal penetration and oral sex (contact of the mouth with the penis, vulva or anus).

Most STIs are easily cured and prevented, but if not properly treated, they can have major consequences.

HOW TO PREVENT STIs?

- ➔ **Get tested.** Make sure you and your partner are tested for HIV and other STIs. Share test results before you have sex. Having an STI increases your chances of getting HIV during sex
- ➔ **Get vaccinated.** You can get vaccinated to protect yourself against human papillomavirus (HPV) and hepatitis B, which are also STIs. There is no vaccine to prevent or treat HIV
- ➔ **Don't douche,** as it kills some of the bacteria normally found in the vagina, whose function is to protect you from infections. This can increase the risk of contracting HIV and other STIs
- ➔ **Excessive alcohol or drug** use can lead to risky behaviours, such as sharing needles to inject drugs or not using a condom during sexual intercourse.
- ➔ The best way to **prevent both STIs** and pregnancy is to use condoms together with another highly effective contraceptive method, since birth control pills, injections, implants or diaphragms do **NOT** protect against STIs.

NO MORE DOUBTS ABOUT **VIH**



WHEN SHOULD I GET TESTED FOR HIV?

- ➔ If you have had a risky practice, do not wait. Go to your healthcare reference centre or another centre where you can get tested for HIV and other STIs. They will evaluate your case, test you and give you advice on how to proceed to receive medical care.
- ➔ You have never been tested before and have had sex without using a condom .
- ➔ Knowing if you have HIV will allow you to benefit as soon as possible from medical follow-up and access to effective treatment that will prevent complications in your health and improve your quality of life. You will also be able to protect yourself from reinfection and avoid transmitting HIV to others.
- ➔ You think you are pregnant or plan to get pregnant.
- ➔ You have had any STI, tuberculosis, or viral hepatitis.
- ➔ You have shared drug injection equipment (e.g., syringes, needles, spoons or filters) or have used unsterilized equipment for the skin or the mucous membrane (e.g., earrings, piercings and tattoos).
- ➔ You have a stable partner, and you want to stop using condoms.



SYMPTOMS INDICATIVE OF AN STI IF YOU ARE FEMALE:

- ⌚ **Thick vaginal discharge** with or without unpleasant odour.
- ⌚ **Stinging or itching** around the genitals.
- ⌚ **Burning sensation** when urinating or defecating.
- ⌚ **Bleeding from the vagina** other than menstruation or after sexual intercourse.
- ⌚ **Pain in the vagina** during sexual intercourse.
- ⌚ **Sores, welts, warts or blisters** near the genitals, anus or mouth.
- ⌚ **Pain** in the pelvic area.

