

## YOU SHOULD UNDERSTAND THAT...

- HVI is the virus that causes the disease called AIDS.
- Living with someone who is infected with HIV or AIDS does not involve any risk of transmission.
- You can kiss a person with HIV or AIDS, hold their hand, hug them, drink from the same glass and live with them without any risk of transmission.
- Mosquitoes do not transmit HIV or AIDS.
- We cannot tell if a person has HIV or AIDS just by looking at them.
- There are many sexual activities which do not involve the risk of HIV infection and can be very pleasurable for a couple: kissing, caressing, masturbation.
- Taking the HIV test is a very positive step because if you know early on, you will be able to improve your health in the future.

**YOUR SEXUALITY IS PART OF YOUR HEALTH AND YOUR HEALTH IS YOUR FUTURE  
DON'T RISK IT**



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DECLARED OF PUBLIC INTEREST

## Some questions about sexuality and prevention



## that can help you to protect YOUR HEALTH





### IS IT STILL NECESSARY TO PREVENT HIV?

**Yes.** HIV and AIDS are still a problem today so it is necessary to protect yourself during high-risk sexual relationships in order to prevent infection because **THERE IS NO TREATMENT TO ELIMINATE IT.**

It is as important to look after yourself as it is to take the HIV test if you have had high-risk sexual relationships. if a person is infected with HIV, **IT IS IMPORTANT FOR THEM TO LOOK AFTER THEIR HEALTH.** The infection cannot be cured but it can be controlled if it is diagnosed quickly.

### I HAVE HEARD THAT HIV AND AIDS CAN BE CURED. IS THIS TRUE?

**No.** At the moment there is a treatment to control the infection which is more effective if the diagnosis is obtained early, however there is no cure for HIV infection and there is no treatment to eliminate the virus from the body. This is why it is so important to prevent infection and to take the test as soon as possible if you have had high-risk sexual relationships.

### SOME PEOPLE SAY THAT CONDOMS ARE NOT EFFECTIVE IN PREVENTING HIV AND AIDS. IS THIS TRUE?

At the moment, condoms are the only method of protection against HIV and AIDS during high-risk sexual relationships.

If used correctly (not deteriorated or out of date), they are a very reliable form of protection against HIV.

### HOW DOES A PERSON BECOME INFECTED WITH HIV?

By means of sexual relationships involving penetration **WITHOUT A CONDOM:**

- Vaginal penetration (intercourse) without a condom.
- Anal penetration without a condom.
- Oral sex performed on a man (fellatio) without a condom, above all if the semen enters the mouth and/or is swallowed.

- Having oral sex with a woman, or cunnilingus (licking or sucking the female genitals) involves less risk, although the risk is considerably greater in the presence of blood (wounds or menstruation...).

**Through blood:** if people share syringes, toothbrushes or other objects which could be contaminated with blood.

**From mother to child:** during pregnancy, childbirth or breastfeeding.

### SO HOW CAN I PREVENT HIV AND AIDS?

To look after your health and protect yourself from HIV and other STDs, the best method is to use a condom when you have high-risk sexual relationships (vaginal, anal or oral penetration). There are other very enjoyable sexual activities which do not involve any risk. Kissing, caressing each other's bodies, hugging and mutual masturbation can give great satisfaction and, what is more, they do not involve any risk.

