



Preventing HIV and other STIs

Sexually Transmitted Infections

Information helps us adopt
measures to look after our
own health and that of our
partners and families

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Prevention is your right
and responsibility

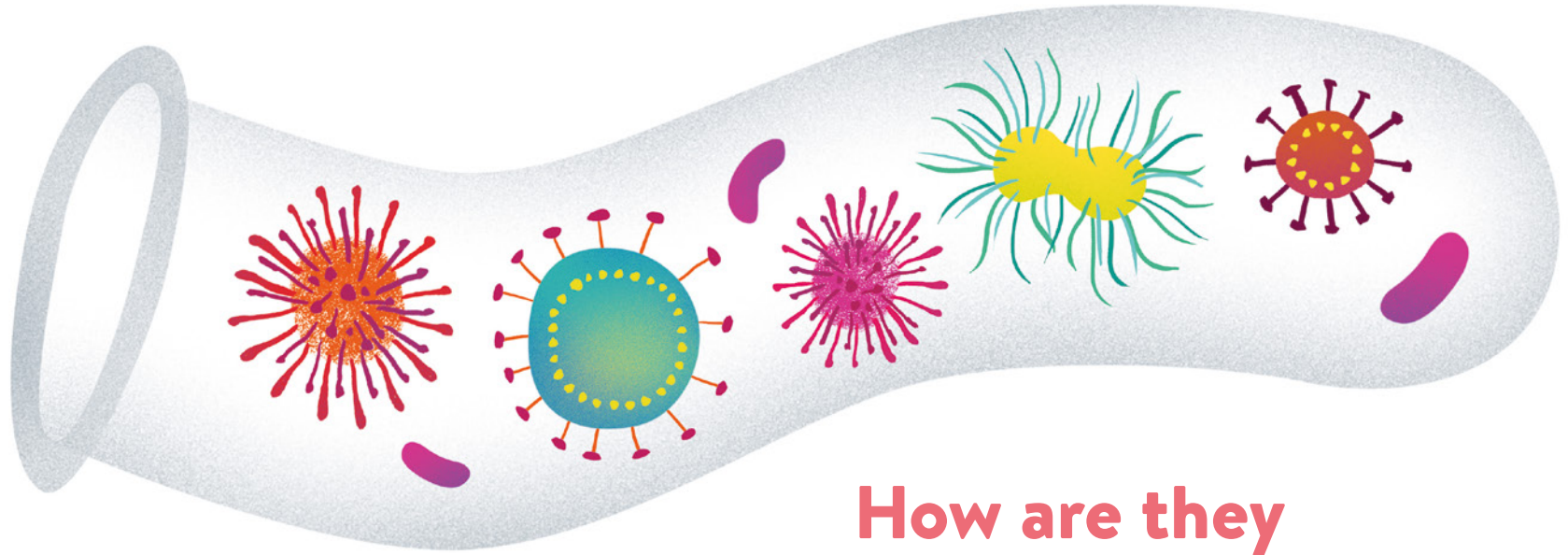
**LOOK AFTER
YOURSELF!!**



What are they?

Sexually transmitted infections are diseases transmitted through genital contact (penis, vulva, anus, vagina) with another person, which is why it would be more correct to call them genitally transmitted infections.

They can affect sexually active men and women of all ages, sexual orientations, social classes, ethnicities and religions.



Which ones are there?

They can be caused by fungi, viruses, protozoa and other microscopic parasites. Some of the most common and most-known sexually transmitted infections include hepatitis, syphilis, gonorrhoea, chlamydia, herpes, pubic lice, HPV (human papillomavirus infection) and HIV.

How are they transmitted?

Some practices are thought to increase the risk of STI transmission:

- Vaginal penetration without a condom.
- Anal penetration without a condom.
- Unprotected oral sex (without a latex condom and/or dental dam): sucking or licking the vulva, penis or anus with the tongue and mouth. If semen also comes into contact with the mouth and/or is swallowed, the risk is much greater.

How can they be prevented?

Use a condom: This is the only method to PREVENT sexually transmitted infections and must be used at all times. Condoms also prevent pregnancy.

If these infections are detected in time, there's a solution for most of them. But if they're left untreated, they can cause serious health problems.

You should seek medical assistance if you feel itching, stinging or pain in your genitals, if you have warts or lumps, if you feel you have to pass water more often or experience pain when urinating and/or have a coloured discharge, or if you notice a different look or smell than usual.

Many infections don't have any symptoms whatsoever. Therefore, it's important to get regular medical check-ups (urology and gynaecology) and use preventive measures.



How can they be cured?

With medication. Most of these infections can be cured easily if they're treated properly and in good time. It's very important to follow medical advice.

HIV

This is a virus that enters our bodies and affects our immune system, sometimes causing AIDS



IT IS TRANSMITTED THROUGH

Vaginal and/or anal penetration without a condom.

Sharing needles, syringes and other tools to inject drugs.

Mother to child during pregnancy, childbirth and breastfeeding (if you get pregnant, you should see your doctor as soon as possible).

Sharing objects that might cause cuts or bleeding, such as razor blades, toothbrushes, etc.



IT IS NOT TRANSMITTED THROUGH

Regular contact with people with HIV, such as working, playing, going to school, exercising, swimming, showering...

We can also share bread, food, glasses and cutlery.

We can hug, kiss and cuddle, etc. HIV is NOT transmitted through saliva, sweat or tears.

HIV is NOT transmitted by mosquitoes, dogs or other animals.

Important information for your health!

Anyone who puts themselves at risk can get infected, regardless of their sexual orientation, age, sex, ethnicity or religion.

You can have hiv without knowing. The only way to find out is via the HIV test.

You can do the test at your health centre, other specialist centres, and some NGOs and associations. **It's free, confidential and painless.**

There's a treatment for hiv.

People being treated for HIV can **NOT** pass it on.

People with **HIV (HIV-positive)** can lead a normal life.



If you need information, training and/or care, you can get in touch with:

- **Health centres:** You can visit your primary care physician, gynaecologist or midwife to ask for information, clear up any doubts and receive healthcare.
- Some cities have centres specialised in providing information and treatment for STIs and HIV.
- www.cruzroja.es/principal/web/info-vih/900.111.000
- www.cesida.org/promocion-de-la-salud-y-prevencion-del-vih-con-personas-inmigrantes/

unión de asociaciones familiares

C/ Alberto Aguilera, 3 - 1o Izda
28015 - Madrid

T.669 791 808 / 91 446 31 62
www.unag.org / info@unaf.org



@saludsexual_unaf



@saludsexcultura



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Financiado por
la Unión Europea