



Englisch

HIV Transmission and AIDS-risks

When are you at risk and when not?
Situations/risks/tips



There is neither a vaccine nor a cure for HIV, the virus that causes AIDS. But there is a simple and effective means of protection: **CONDOMS**. This information pamphlet will tell you when you have to protect yourself and which situations and actions are safe for you and your partner.

A transmission of the virus occurs when HIV-infected blood, semen or vaginal fluid gets into the bloodstream. In the following, we will show you the situations when this can happen.

In many countries, AIDS and other sexually transmitted diseases are much more widespread than in Germany and Central Europe. Nonetheless: always make sure you use a condom when you have sex with new partners. **Always!**







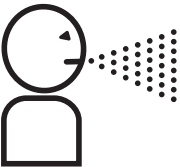





Condoms and lubricants

Condoms can protect you from infection during sex. Only use **high-quality condoms** and observe the **sell-by date!** If necessary, use a suitable lubricant. Latex condoms may only be used with **oil-free lubricants**. Oil, fat, lotions, crèmes or Vaseline can make the condoms rip. That's why you should only use **water-soluble lubricants** (available in pharmacies, drug stores and sex shops)!

RISK! • RISK! • RISK! • RISK! • RISK! • RISK! • RISK

!		<p>Sharing syringes and needles</p> <p>Very high risk. There is a very high risk if several people share the same needle and syringe. Avoid this at all cost! Never share needles and syringes! Sterilise your equipment!</p>
!		<p>Unprotected anal intercourse</p> <p>Very high risk. Both partners are at risk during unprotected anal intercourse. This risk is especially high for the receptive partner, regardless whether male or female. Even without an ejaculation, this risk still persists! Make sure you use a condom and enough oil-free lubricant!</p>
!		<p>Unprotected vaginal intercourse</p> <p>High risk. The risk of transmission is very high when you have unprotected intercourse with an infected person. Use condoms!</p>
!		<p>Oral sex (men or women)</p> <p>There is a risk. It is possible to get infected if HIV-infected semen is ejaculated into your mouth. Vaginal fluid can also contain HIV. Avoid getting semen or vaginal fluid into your mouth. Oral sex with a male only with a condom!</p>
!		<p>Pregnancy of women with HIV infection</p> <p>High risk for the child. The pregnant woman can infect the child before, during and after its birth (during breastfeeding). However, comprehensive medical care can profoundly reduce the risk for the child. If you and your partner want to have a child, and you cannot rule out the possibility of an HIV-infection, it is recommended that you both have an HIV test. Get medical advice as early as possible!</p>

NO RISK! • NO RISK! • NO RISK! • NO RISK! • NO RISK! • NO RISK! • NO RISK! • NO RISK! • NO RISK!

	<p>Kisses, French kisses</p> <p>No risk during kissing. Theoretically, the risk of infection during French kissing cannot be ruled out. However, there has not been one HIV case reported worldwide where kissing turned out to be the cause of infection.</p>	<p>Swimming pool, sauna, toilets, washrooms</p> <p>No risk. It is not possible to get infected when sharing community facilities.</p>	
	<p>Body contact, skin contact</p> <p>No risk during skin and body contacts like shaking hands, touching or petting.</p>	<p>Doctor, dentist, hospital</p> <p>No risk through medical treatment when the general standards of hygiene are observed (that means the use of disposable materials or sterilised instruments). In case of blood or plasma transfusions, there is still a – very slight – residual risk despite effective safety procedures. That's why we recommend that you deposit your own blood prior to an operation, if possible. Deactivated blood products are practically HIV-safe if they were manufactured properly.</p>	
	<p>Transmission through air</p> <p>No risk. It is not possible to get infected even when an infected person sneezes or coughes.</p>	<p>Haircuts, manicure, piercings, tattoos</p> <p>No risk if the existing hygiene standards are observed. Use all piercing and cutting objects that come into contact with blood only once or disinfect them properly. Have piercings or tattoos done by experts only!</p>	
	<p>Family life, community life</p> <p>No risk. No one can get infected, even when living in close spaces with an infected family member or sharing an apartment with others.</p>	<p>Insect bites</p> <p>No risk.</p>	
	<p>Eating and restaurants</p> <p>No risk.</p>	<p>Personal anonymous telephone counselling service of BZgA: 0 18 05/555 444 (German speaking; 12 cents/min from German fixed network). Free-of-charge information (mainly in German language) obtainable by post from BZgA: BZgA, 51101 Cologne, Fax: 0221/89 92 25 7, Email: order@bzga.de or internet: www.bzga.de.</p> <p>For further information and personal advice please refer to: health officials, your doctor, Aids help centres or other Aids counselling centres.</p> <p>Please note: Most of the said counselling options are in the German language! For guidelines in foreign languages please log on: www.gib-aids-keine-chance.de</p>	
	<p>Dishes, clothing, laundry</p> <p>No risk. It is not dangerous to share dishes or silverware. It is also not necessary to wash the clothes or other laundry of infected persons separately.</p>	<p>GIB AIDS KEINE CHANCE</p> <p>Issuer: Bundeszentrale für gesundheitliche Aufklärung (BZgA) Postfach 91 01 52, 51071 Köln</p>	<p>Stempel der Beratungsstelle:</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Englisch</p> </div>