

HIV TRANSMISSION



HIV is a virus that can be spread from an infected person to others. Remember, however, that there are very specific transmission pathways.

01 RISK OF TRANSMISSION

For a person to transmit HIV, it must be present in large quantities and this only occurs in certain body fluids:

- Sexual fluids (semen and vaginal fluid).
- Mucus of the vagina and anus.
- Blood.
- Breast milk.

All activities in which these fluids are present therefore pose a risk of transmission.

These fluids can enter the body through open wounds in the skin or through the genital mucous membranes. For example, there could be risk of transmission during pregnancy, childbirth and breastfeeding, upon sharing material containing blood (syringes, blades, etc.), or, particularly, in sexual relations, etc.

Some factors can increase this risk: for example, if the quantity of HIV in a person affected is very high (especially when he or she is not taking antiretroviral therapy), when condoms are not used (in sexual relations), and with longer times and greater frequencies of exposure, etc.

It is also true, however, that the risk of transmission decreases considerably when the quantity of HIV is very low because of antiretroviral treatment.

Having been exposed to infection does not necessarily mean you have acquired HIV. The only way to know for sure is by testing for HIV.

02 NO RISK OF TRANSMISSION

For there to be a risk of transmission, HIV must be present. If two people do not have the virus, infection can NOT occur. The virus does not come from nowhere.

Provided that the body fluids mentioned above are not present, the virus will NOT be transmitted. Everyday activities (except for sex) and contact with the objects, cutlery, food or clothing of a person with HIV therefore involve no risk of infection.

Not all sexual practices involve the risk of HIV infection and in some practices the risk of infection is extremely low. Saliva, sputum, urine and faeces, meanwhile, do NOT have the capacity to transmit HIV.

Neither have there been cases of transmission through insect bites.

03 REMEMBER

- HIV transmission occurs through very specific pathways, which do not normally occur in everyday life.
- The risk of transmission decreases when the person receives HIV treatment and the amount of virus in his or her body is reduced to extremely low levels.
- People with HIV can maintain an active sex life without infecting their partners. Many even naturally have children who do not acquire the virus.
- Some sexual activities involve greater risk of transmission than others. There are also factors that increase or decrease this risk.
- The fact that you have been exposed to risk does not necessarily mean you have acquired the virus. If in doubt, it is best to be tested for HIV.



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ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIÓN



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Departament de Salut
PROGRAMA DE PREVENCIÓ I ASSISTÈNCIA
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