

UNPROTECTED SEX AND HIV



The term unprotected sex has traditionally been used to refer to any sexual practice (anal, oral or vaginal) in which no condoms are used. However, condoms are not the only way of preventing HIV transmission during sex.

Many studies have shown that when people with HIV have a very low level of virus on account of antiretroviral treatment, the risk of transmission is very low. They can therefore have an active sex life without fear of infecting their partners, and even have children naturally.

However, although the probability of transmission is very small when the amount of virus in the blood is very low (a phenomenon known as undetectable viral load), this does not mean there is no or zero risk of transmission.



01

REMEMBER ALSO THAT

- Even if you have a very low viral load and decide not to use a condom, there are also other sexually transmitted infections (STIs) as well as HIV.

- Some STIs, such as herpes or genital warts, are transmitted more easily than HIV.

- Sometimes cases have been detected of hepatitis C transmission in unprotected sex, especially when sexual practices may include the presence of blood.

Sometimes these STIs cause lesions or genital sores that may increase the risk of transmitting or acquiring HIV if condoms are not used.

In heterosexual relations, moreover, if condoms or other preventive measures are not used, unwanted pregnancies may also occur.

02

REMEMBER

- Not all sexual practices involve the same risk of HIV transmission. Some are very safe.
- Having an undetectable viral load on account of anti-HIV therapy dramatically reduces the likelihood of transmission, even when a condom is not used.
- Anti-HIV treatment has allowed many people with HIV to have children naturally, without infecting their partners.
- Other STIs can also be passed from one person to another even if the sexual practice involves no risk of HIV transmission.
- Exposure to risk does not necessarily mean that you have been infected. If in doubt, it is best to be tested for HIV.



GTT-VIH
GRUPO DE TRABAJO SOBRE
TRATAMIENTOS DEL VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIONA



Generalitat de Catalunya
Departament de Salut
PROGRAMA DE PREVENCIÓ I ASSISTÈNCIA
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Tel. 93 458 26 41
consultas@gtt-vih.org