



HIV Transmission and the AIDS risk

**Situations
Risks
Advice**

Englische Ausgabe der Broschüre
„HIV-Übertragung und Aids-Gefahr“

BZgA
Bundeszentrale
für
gesundheitliche
Aufklärung

There is neither a vaccine nor a cure for AIDS. But there is a simple and effective way of protecting yourself from infection: **condoms protect!** It is important to know when you need to protect yourself and when there is no risk of infection.

THE RISKS IN BRIEF:

You can become **infected** if blood, seminal or vaginal fluid gets into the blood system. This happens when **sharing syringes**, but primarily during unprotected sex.

An infected mother can infect her **baby in the womb**, during birth or when breast-feeding. The risk associated with **blood products** and blood transfusions has been reduced to an absolute minimum in Germany.

When **travelling** abroad, you may not be able to expect the same quality of medical care that you enjoy at home. If in doubt, ask whether the instruments used are disinfected and whether only tested blood products are used.

AIDS and other sexually transmitted diseases are far more common in many countries outside Europe than they are here. And the **condoms** available there are not always of the accustomed high quality. So: take enough with you – and use them when you have sex with a new partner. **Always!**

Condoms are only compatible with fat-free lubricants. Oils, greases, fats, creams and vaseline damage the condom. And: condoms are sensitive to heat.

The extent of the **HIV risk** varies greatly in different situations in life. This short brochure is intended to serve as a quick guide. Consequently, we have colour-coded the situations, risks and advice on the pages that follow:

High risk

Low risk

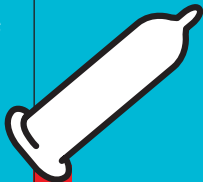
No risk

Condoms and lubricants

Condoms protect you against infection during sex.

Important: Only use high-quality condoms bearing the *CE* mark and pay attention to the **shelf-life date**. And, if necessary, use a generous amount of suitable lubricant.

Condoms are only compatible with **fat-free** lubricants. Oils, greases, lotions, creams and vaseline damage the condom and can cause it to tear. Therefore, **only use water-soluble** lubricants! They are available from chemists, drugstores or sex shops.



I m p o r t a n t ! ! !

Sharing syringes and needles

Very high risk. Use of the same needle and syringe by several people constitutes a very high risk.

Advice: Avoid at all costs.

Never share needles and syringes. **Sterilise** injection kits.



Unprotected anal intercourse



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!

Advice: Make sure you use a condom and enough oil-free lubricant!

Unprotected vaginal intercourse

High risk. The danger of infection is high during **unprotected** sexual intercourse with infected persons.

Advice: Use condoms.



Pregnancy of women with HIV infection



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.

The HIV test is recommended for every woman and her partner, if they would like to have a child and cannot rule out the possibility of infection.

**Get medical advice as early
as possible!**

***Unprotected
oral sex***
(men or women)

Risk exists. Infection is possible by taking seminal fluid carrying HIV into the mouth. Vaginal fluid can also contain HIV.

Advice: Avoid taking seminal or vaginal fluid into the mouth. Oral sex with a male only with a condom.



Kisses, French kisses

No risk from kissing.

A risk cannot theoretically be ruled out during French kissing, but has never been observed as a transmission route anywhere in the world.



Body contact, skin contact



No risk during skin and body contact, such as shaking hands, caressing, cuddling.

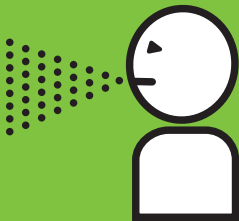
Family life, community life

No risk.

No one can become infected by living closely together with an infected person in a family or a common living situation.



Transmission through air



No risk. You also cannot become infected with HIV by being coughed or sneezed on.

*Eating and
restaurants*



No risk.

Dishes, clothing, laundry

No risk.

The sharing of dishes presents no danger. Nor need an infected person's clothing or laundry be washed separately.



***Swimming pool,
sauna,
toilets,
washrooms***



No risk.

HIV cannot be transmitted during
the common use of public
facilities.

Doctor, dentist, hospital

No risk during medical treatment if routine **hygiene regulations** are observed (i.e. use of disposable material or reliably sterilised instruments).

Despite very effective safety measures, there is an – extremely low – residual risk **when receiving blood and blood plasma**. For this reason, you are recommended to donate your own blood for scheduled

operations. **Inactivated blood products** are virtually HIV-safe if manufactured according to the regulations.



Haircuts, manicure, piercings, tattoos

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!**



Insect bites



No risk.

If you have additional questions, e.g. concerning the HIV test, you can obtain detailed and personal advice – anonymously, if you wish – from your local Health Office, your doctor, the AIDS-Hilfe organisation or other AIDS counselling centres.

You can also contact the personal, anonymous telephone hotline of the Federal Centre for Health Education (FCHE): ☎ **01805/555 444**
(12 ct./Min. aus dem deutschen Festnetz).
www.aidsberatung.de

Note! Most of the counselling services mentioned here are only available in German.

Information material, mostly in German, can be obtained free of charge from:

Bundeszentrale für gesundheitliche Aufklärung
by post: 51101 Köln

by fax: 0221/8992-257

by e-mail: order@bzga.de

in the Internet: www.gib-aids-keine-chance.de

and

Deutsche AIDS-Hilfe e.V.
Dieffenbachstrasse 33
10967 Berlin
by fax: 030/690087-65
by e-mail: dah@aidshilfe.de
in the Internet: www.aidshilfe.de

This brochure is available in the following languages:

Bulgarian	Order No.: 70280140
English	Order No.: 70280070
French	Order No.: 70280080
German	Order No.: 70280000
Polish	Order No.: 70280090
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**Telefonberatung der BZgA:
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**BZgA im Internet:
www.gib-aids-keine-chance.de**