

Positive Fact Sheet

The Facts

Perspectives

Issues

Campaigning

HIV TRANSMISSION: HOW IS HIV TRANSMITTED?

| DOES TRANSMIT HIV | DOES NOT TRANSMIT HIV |
|-------------------|-----------------------|
| Blood | Saliva (spit) |
| Semen | Phlegm |
| Vaginal fluid | Sweat |
| Anal mucus | Snot |
| Breast milk | Tears |
| | Urine (wee) |
| | Faeces (poo) |

FACT: The amount of HIV in someone's body is called their **VIRAL LOAD**. This depends heavily on a range of factors. Someone who is on the appropriate medication for them and takes it (adheres) at the times agreed with a doctor will ideally have a very low or undetectable viral load.

FACT: A person living with HIV, adhering to his or her medication, and living with an undetectable viral load is unlikely to transmit HIV to someone else.