

# Positive Fact Sheet

The Facts

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## HIV TRANSMISSION: HOW MUCH DO YOU KNOW?

**FACT:** HIV is transmitted via blood, semen, vaginal fluid, anal mucus and breast milk.

**FACT:** HIV is not transmitted by kissing, sharing cups, sneezing, coughing.

**FACT:** Sharing injecting equipment can present a risk of transmission because infected blood might be on the needle.

**FACT:** Only barrier contraception (i.e. Male or female condoms) can protect against HIV. Contraceptive implants, the pill, an I.U.D (or coil) or contraceptive diaphragm will not protect against HIV.

The chart below refers directly to the opinions in the activity @ <http://www.learningpositive.com/facts/how-much-do-you-know.html>

CORRECT	INCORRECT	NOTES
You can become HIV-positive if you are not practising safer sex.		Unprotected sex with an HIV positive person is high risk if they have a high viral load, are not on medication or not adhering to their medication, Please remember not everyone who is living with HIV is aware of their HIV status
Injecting drugs might give you HIV if you share needles.		HIV can be transmitted via blood on the shared needles.
	You can get HIV by shaking hands with someone.	Touching someone cannot transmit HIV.

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CORRECT	INCORRECT	NOTES
	If you are fit and healthy you won't become HIV-positive	Someone who is fit and has unprotected sex with an HIV-positive person with a high viral load is at high risk of contracting the virus.
	Married people don't become HIV-positive.	A married person might become HIV-positive if there is extra-marital sex with an HIV-positive person who is not adhering to medication and has a high viral load or is unaware of their status.
	If you stick with one partner you won't become HIV-positive.	This assumes the other partner is also monogamous and is HIV negative.
	Women are safe from HIV as long as they use a contraceptive.	Only barrier contraceptives can protect against HIV (e.g. Male and female condoms).
Using drugs and alcohol can increase the risk of becoming HIV-positive as it can stop you practising safer sex.		Recreational drugs and alcohol can make us behave in ways we wouldn't do when we're sober.
	If you have sex with people who look healthy, you won't become HIV-positive.	HIV can remain dormant in the blood for some time with no symptoms. You cannot tell if someone has the virus from how they appear physically.

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CORRECT	INCORRECT	NOTES
<p>Anal sex between two men presents more risk of becoming HIV-positive than anal sex between a man and a woman.</p>		<p>This is currently correct because of the higher prevalence of HIV among men who have sex with men in the UK.</p>
	<p>You can become HIV-positive from kissing.</p>	<p>HIV is not transmitted via saliva.</p>
	<p>Pregnant women who are HIV-positive cannot have healthy babies.</p>	<p>Pregnant women who are HIV-positive and being treated, can have HIV negative babies. Knowing your HIV status and having medical support from an HIV doctor is key. In the UK women are offered an antenatal HIV test and if found to be HIV positive, they will be directed to pathways with an HIV specialist who will support them through their pregnancy.</p>
	<p>A man can become HIV-positive if he has oral sex with a woman.</p>	<p>There is no data to suggest HIV is transmitted by giving oral sex to a woman.</p>
IT DEPENDS		NOTES
<p>A woman can become HIV-positive if she has oral sex with a man.</p>		<p>This can be correct if the man is HIV-positive with a high viral load, not adhering to his medication (or not taking medication at all) and the woman has cuts and ulcers in her mouth. If this is not the case, this sexual activity is low risk.</p>