

## Transmission of HIV

**HIV can only pass to others through sexual, blood or mother-to-child transmission.**

**HIV can only be transmitted by engaging in the following acts with an HIV-positive person who has a detectable viral load:**

- Vaginal sex without a condom
- Anal sex without a condom
- Giving oral sex (fellatio) without a condom to a person with HIV (although the risk is much lower than for vaginal or anal sex)
- Sharing injecting gear with people with HIV who have a detectable viral load
- During pregnancy or childbirth, if precautions are not taken
- Breastfeeding

**Sometimes people are concerned about situations in which transmission is impossible. There is no risk of getting HIV:**

- Shaking hands, kissing, or hugging
- Shaking hands, kissing, or hugging
- Breathing the same air
- Spitting, sneezing, or coughing
- Using the toilet
- Mosquito bites



### Main points

HIV can only be transmitted when specific body fluids from one person enter another person.

Only the following body fluids contain sufficient quantities of HIV for transmission to occur: semen, mucosal fluid from the vagina and anus, blood and breast milk. Transmission of HIV through pre-seminal fluid cannot be ruled out, but the risk of transmission is lower than for semen.

Antiretroviral treatment, when taken correctly, prevents the spread of HIV during sex. Transmission can also be prevented through the proper use of condoms or by taking pre-exposure prophylaxis (PrEP: treatment that, when taken regularly, offers protection against possible HIV transmission).

## UNDETECTABLE = UNTRANSMISSIBLE

When a person with HIV is taking antiretroviral treatment properly, the amount of virus in his or her fluids is drastically reduced, so much so that transmission cannot occur during sex without a condom. When there is such a low amount of virus, a person is said to be undetectable. When a person is undetectable, the risk of transmission during sex is zero.

Find out more about the sexual transmission of HIV and the different options available at:

<https://www.gtt-vih.org/consultanos/consultas-sobre-salud-y-bienestar/>



**gt** grupo de trabajo sobre tratamientos del VIH  
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA  
ONG DE DESARROLLO



¿TIENES DUDAS  
SOBRE EL TEMA?  
PREGÚNTANOS  
Tel. 93 458 26 41

### Descargo de responsabilidad

La información contenida en esta ficha no pretende sustituir la recibida por el médico. Las decisiones referentes a la salud siempre deberían tomarse tras consultar con los profesionales sanitarios. La información médica puede quedar desactualizada con rapidez.

Si te surge alguna pregunta tras leer esta ficha, te aconsejamos hablar con tu médico o enfermera o llamar a gTt-VIH, al 93 458 26 41, para comprobar si existe alguna novedad relevante al respecto.

[www.gtt-vih.org](http://www.gtt-vih.org)

SI TE HA PARECIDO ÚTIL Y INTERESANTE  
EL CONTENIDO, COMPÁRTELO.



### SUBVENCIONA



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