

Where to find us

We are here to help you with everything associated with HIV, your wellbeing and your quality of life.

Do not hesitate to get in touch with us if you require help or information.

We are here for you!

Appointments available at:

C. Gandía, 1 (local 9ª Coworking Freeland)

Closest underground stations:

Pacífico (L1 and L6) and Puente de Vallecas (L1)

For information, contact:


Tel. 683 28 03 12



e-mail: madrid@gtt-vih.org

For legal enquiries, call:

Tel. 659 11 02 07

Follow us on social media:

 @gTtVIH
@infodrogasvih

 gtt.vih
 gtt_vih



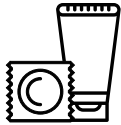
Proyecto financiado por la Consejería de Sanidad
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01 How to prevent HIV transmission

ENGLISH



How to prevent HIV transmission



Use external and internal condoms and lubricants



Antiretroviral treatment
Treatment for HIV can also prevent you from getting the virus or from passing it on to other people.

If you have HIV and are receiving treatment that effectively keeps the virus under control, you will not be able to pass it on to your partner or partners during sex. Even if a condom breaks or if you have not used one, following effective antiretroviral treatment prevents the spread of HIV.

If you do not have HIV, you can also avoid getting it by taking preventive antiretroviral treatment before sex [HIV pre-exposure prophylaxis (PrEP)] or, in specific cases, after high-risk sex [HIV post-exposure prophylaxis (PEP)].

There are a lot of things you can do to protect yourself or others from HIV



Get tested regularly for HIV and other sexually transmitted infections (STIs)

The presence of other STIs increases the risk of getting HIV.

The sooner you know whether you have HIV, the earlier you can treat it and prevent your health from getting worse or avoid passing it on to others.



Reduce alcohol and drug use

Drinking alcohol or taking drugs before sex may cause you to take risks in sex that you would otherwise not assume.