

## 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](mailto:madrid@gtt-vih.org)

For legal enquiries, call:

Tel. 659 11 02 07

### Follow us on social media:

 @gTtVIH  
@infodrogasvih

 gtt.vih  
 gtt\_vih

 grupo de  
trabajo sobre  
tratamientos del VIH  
ENTIDAD DECLARADA DE  
UTILIDAD PÚBLICA  
ONG DE DESARROLLO  
[www.gtt-vih.org](http://www.gtt-vih.org)

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# 02 How is HIV transmitted?

ENGLISH



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# How is HIV transmitted?



HIV can only **be transmitted** when:

- The amount of virus that a person has is high enough for transmission to occur and...
- A condom is not used during vaginal, anal or oral sex and/or...
- When gear for administering or injecting drugs is shared or...
- During pregnancy, childbirth and breastfeeding.

## How it is **NOT** transmitted



Do not worry, **HIV cannot be transmitted** by:

- Shaking hands, kissing or hugging.
- Sharing cutlery, plates or glasses
- Breathing the same air as others
- Spitting, sneezing or coughing
- Using the toilet
- Being bitten by a mosquito

## What fluids **can transmit HIV**?

Only the following body fluids contain enough HIV for the virus to spread: **semen, mucosal fluid from the vagina or anus, blood and breast milk.**

## What fluids **CANNOT** transmit HIV?

**Saliva, urine, sweat and tears.**

## How does transmission occur?

When any of the fluids through which HIV can spread enters a person's bloodstream via the mucous membranes (inside the foreskin, vagina or rectum) or through small lesions in the vagina, anus, rectum or mouth.

Being circumcised reduces the chance of getting HIV by 50%.

HIV cannot pass through the skin.

Once HIV enters into contact with air or water, it cannot survive.