

FRANCÉS  
FRANÇAIS

PORTUGUÉS  
PORTUGUÊS

RUMANO  
ROMÂNĂ

WOLOF  
WOLOF

RUSO  
РУССКИЙ

CASTELLANO  
ESPAÑOL

ENGLISH

VH

EDITION 2025

# InfoVHtal

INFORMACIÓN BÁSICA SOBRE EL VIH

## Migrant women and HIV prevention: what you need to know

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



VH



# Migrant women and HIV prevention: what you need to know

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## Why does it matter?

If you are a migrant woman, you need to be aware of the risks and ways of protecting your health against HIV.

**Migrant women often find themselves in vulnerable circumstances** such as changes of country, barriers in access to healthcare, discrimination or unawareness of available resources.

**These circumstances can increase risks and make prevention more difficult.**

What you  
need to know  
and to do  
today

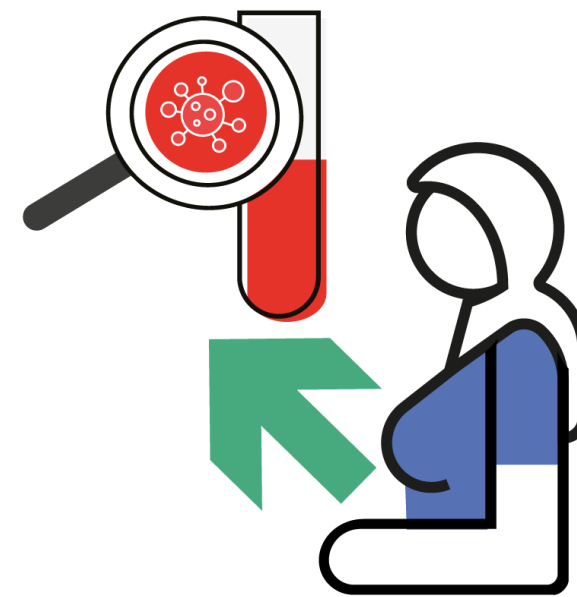


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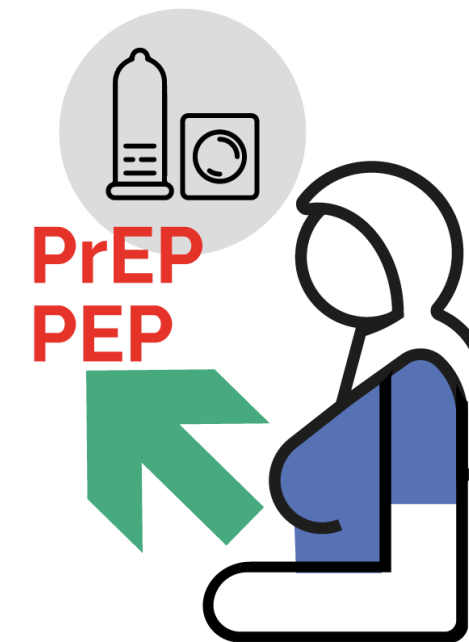
## Look after your health: keep informed and use resources



Ask for clear information: **find out about HIV, how it is spread and how you can look after yourself.** Ask your healthcare professional or go to a community centre that can offer you this information.



**Ask for an HIV test: you can be tested for free and confidentially** at most health centres and community sexual health centres.

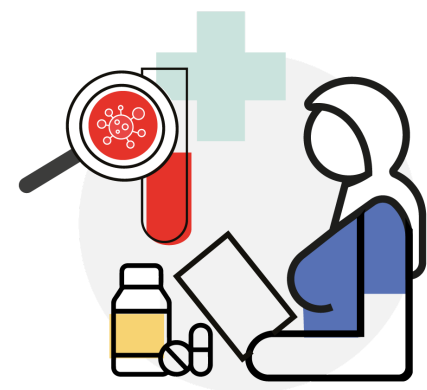


**Learn about prevention methods:** there are several ways to protect your sexual health, including different types of condoms, pre-exposure prophylaxis (PrEP) and/or post-exposure prophylaxis (PEP)



03

## Know your rights



**You have the right to health, regardless of your immigration status.** You can receive medical care, be tested for HIV and receive treatment if you need it.



**Confidentiality is mandatory:** no one is allowed to disclose your medical information without your permission.

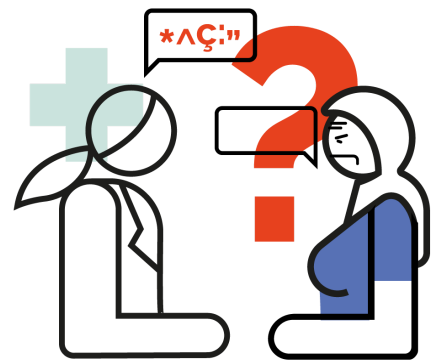


You can receive **gynaecological care and family planning resources.**



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## What obstacles may you encounter?



**Language barriers:** if you do not speak the language well, **ask for help so you can receive information in a language you understand.**



**Misinformation and fear:** if in doubt, seek reliable information or **reach out to organisations that support migrant women and people living with HIV.**

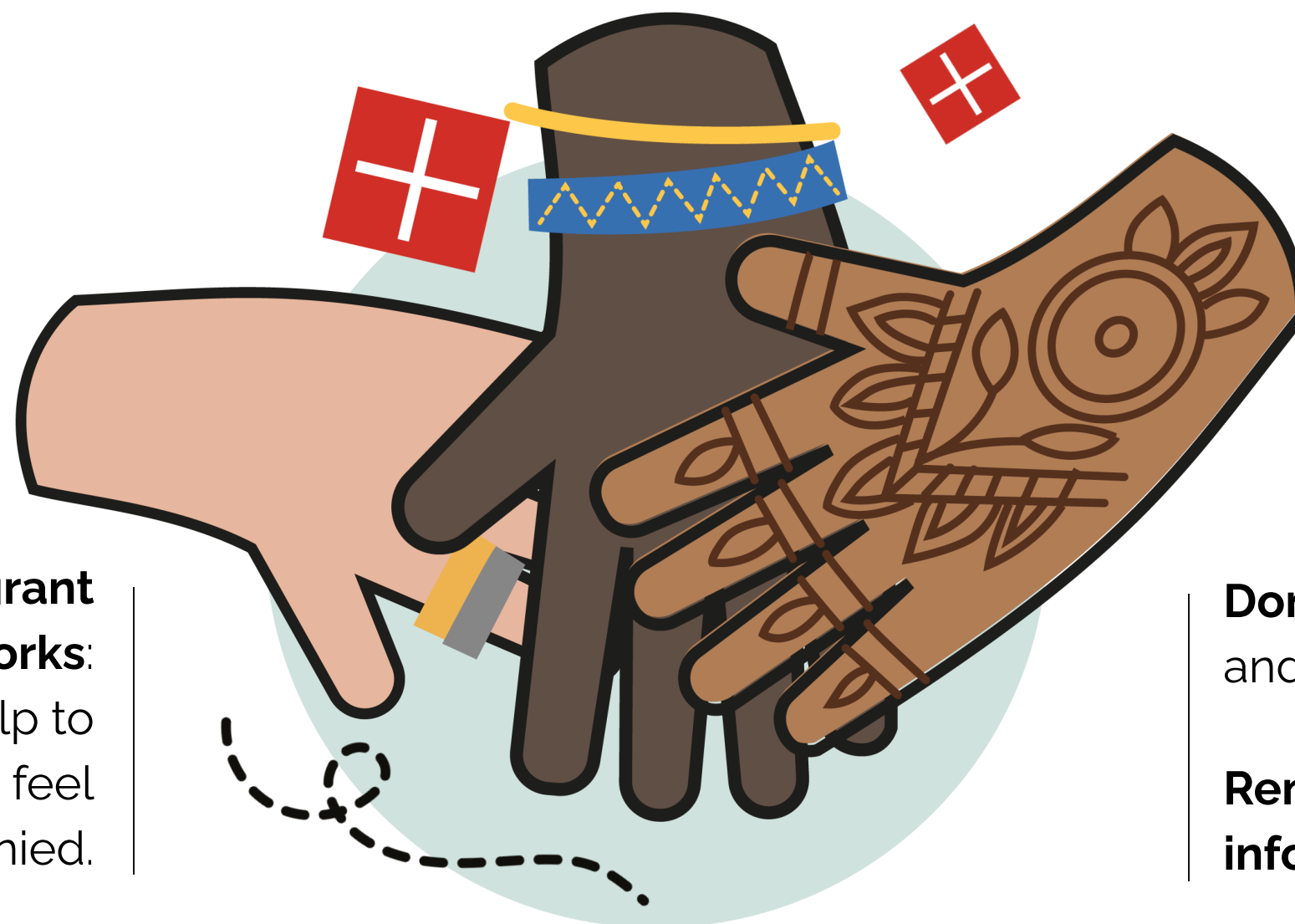


**Discrimination:** if you feel you are subject to discrimination in your healthcare, **seek legal advice or support from local associations.**



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## Useful tips



**Reach out to other migrant women or support networks:** sharing experiences can help to clear up confusion and to feel accompanied.

**Don't isolate yourself:** health is a right and there are resources designed for you.

**Remember that the first step is being informed and looking after yourself.**

Prevention begins by knowing and protecting yourself and demanding respect for your rights. You are not alone: there are resources and people who can help you along the way.







### 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.

### SUBVENCIONA



**POR SOLIDARIDAD  
OTROS FINES DE INTERÉS SOCIAL**



**Generalitat de Catalunya**

**Salut/** Agència de Salut Pública de Catalunya



**Diputació de Barcelona**

**Àrea d'Igualtat i Sostenibilitat Social**



**Ajuntament de Barcelona**

### COLABORA



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