

Where can you find us?

We are here to support you in everything related to HIV, your wellbeing, and your quality of life.

Don't hesitate to contact us if you need any help or information - **we are here for you!**

Pre-arranged attention:

C/ Gandía 1, local 9A (coworking Freeland)

Nearest metro stations:

Pacífico (L1& L6) y Puente de Vallecas (L1)

Contact for information:

Tel. (+34) 683 28 03 12

e-mail: madrid@gtt-vih.org

Contact for legal assistance:

Tel. (+34) 659 11 02 07

e-mail: legal@gtt-vih.org

Follow us on our social media:



@gTtVIH

@infodrogasvih



[gtt.vih](https://www.facebook.com/gtt.vih)



[gtt_vih](https://www.instagram.com/gtt_vih)

Project:

VIH e interculturalidad. 2025

Subvencionado por la Dirección General de Salud Pública de la Comunidad de Madrid (Orden 690/2025, de 22 de abril de 2025, de la Consejería de Sanidad).

SUBVENCIONA 0,7% IRPF:



Comunidad de Madrid

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

www.gtt-vih.org

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13 Myths about HIV

ENGLISH



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Myths about HIV

→ **MYTH:** "HIV is transmitted through everyday social activities, at work or in shared living situations."

→ **FACT:** HIV is only transmitted when certain bodily fluids (blood, semen or vaginal fluid) enter another person's body. There is no risk in sharing cutlery, plates, cups, towels or bathrooms, or in hugging, kissing or talking to someone who has HIV.

→ **MYTH:** "Mosquitoes and other insects can transmit HIV."

→ **FACT:** Even if an insect bites a person with HIV and carries infected blood, the virus cannot survive in the insect or be transmitted to another person when it bites again.

→ **MYTH:** "I don't need to take antiretroviral medication until I feel sick."

→ **FACT:** HIV damages your immune system, even if you don't feel sick.

Taking antiretrovirals from the start helps protect your defence system and prevents future serious opportunistic illnesses or irreversible damage.

→ **MYTH:** "HIV medicines are worse than the disease."

→ **FACT:** Without treatment, most people with HIV develop AIDS and could die within a few years.

Antiretroviral drugs allow you to live a long and healthy life. In addition, healthcare professionals perform regular check-ups to ensure that your health is under control.

HIV has been surrounded by many misconceptions that have led to fear, confusion and prejudice.

Here we help you separate fact from fiction with clear information.



How can you prevent HIV?

→ Use a condom during all sexual intercourse.



→ Get tested for HIV regularly.



→ Do not share needles or objects that may have been in contact with blood.



→ If you do not have HIV and have unprotected sex, talk to your doctor about these two options:

→ **PrEP (pre-exposure prophylaxis):**

A pill you take before exposure to the virus to prevent transmission.

→ **PEP (post-exposure prophylaxis):**

A treatment that you must start within 72 hours after unprotected sex.