

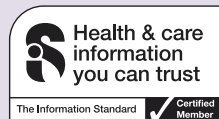
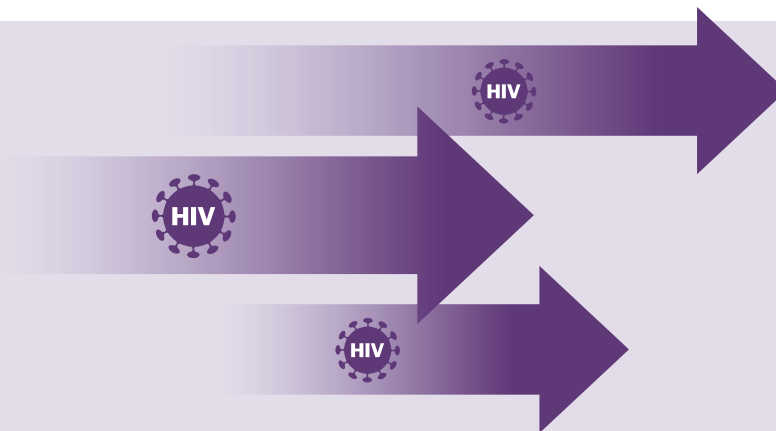
NAM
Acorn House
314-320 Gray's Inn Road
London
WC1X 8DP
Phone: 020 7837 6988
Website: www.aidsmap.com
Email: info@nam.org.uk
Charity number: 1011220

Thanks to all of the professionals and people with HIV who have helped us to develop this leaflet.

The basics

Transmission facts

This leaflet is available in large format as a PDF.
Call NAM on 020 7837 6988.



Second edition 2017
Due for review in 2020
Copyright ©NAM
If you need extra copies of this leaflet, or would like to translate, adapt or reproduce it, please contact us.

Notes

If you have any questions about how HIV is passed on, you can speak to an adviser at THT Direct (phone: 0808 802 1221).

Blood transfusions

- Some poorer countries do not use modern methods to test donated blood for HIV, so there is a risk of HIV being passed on through a blood transfusion.
- In the UK, all donated blood is carefully tested for HIV, so the risk of HIV being passed on through a blood transfusion is extremely low.

Want to find out more?

For more information on this topic

- Read our 'Transmission and viral load' leaflet.
- Read our 'HIV & sex' booklet.

For more information about HIV

- Visit our website www.aidsmap.com.
- Speak to an adviser at THT Direct (phone: 0808 802 1221).

For information in other languages

- Visit www.aidsmap.com/translations.

Has this leaflet been useful to you?

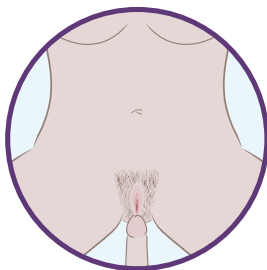
Please let us know what you think. Your feedback helps us to improve the services we offer.

You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

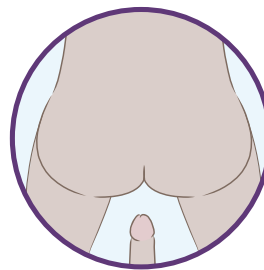
We recommend that you discuss the information in this leaflet with a doctor or other health worker.

HIV can be passed on during the following activities:

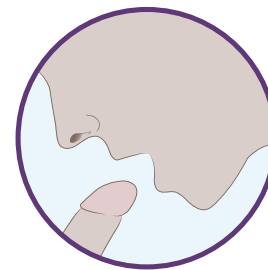
Vaginal sex, without a condom



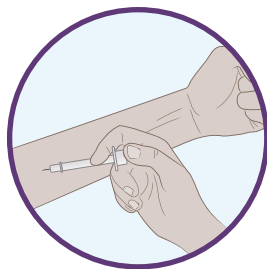
Anal sex, without a condom



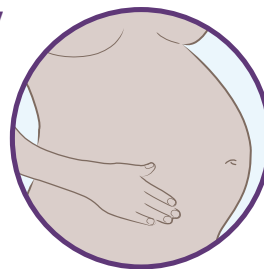
Oral sex, on a man, without a condom. (Although there is less risk than through vaginal sex or anal sex.)



Injecting drugs, if equipment is shared.



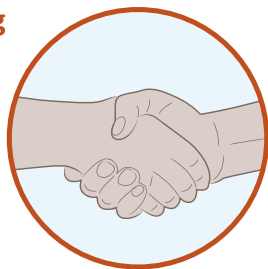
During pregnancy or childbirth, if precautions aren't taken.



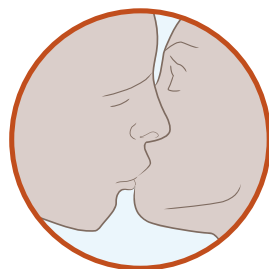
Breastfeeding



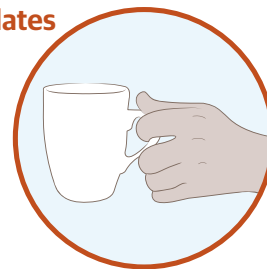
Shaking hands



Kissing or hugging



Sharing plates or cups

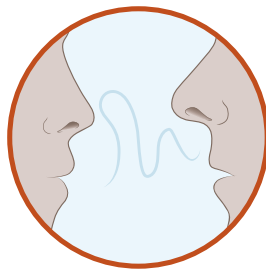


Using a toilet

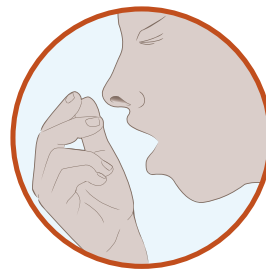


There is no risk of HIV being passed on during the following activities:

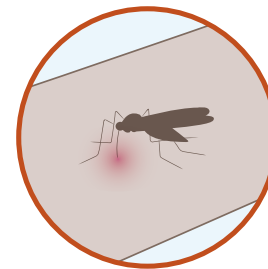
Breathing the same air



Spitting, sneezing or coughing



Mosquito bites



Important points

- HIV can only be passed on when one person's body fluids get inside another person.
- The only body fluids which contain enough HIV for the infection to be passed on are semen, fluids from the vagina, moisture in the rectum, blood and breast milk.
- Condoms and HIV treatment both lower the risk of transmission.