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

The basics

Transmission facts

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.

Find out more

For more information on this topic

- Read 'HIV transmission' on our website.
- Read our 'HIV & sex' booklet.

For more information about HIV

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

For information in other languages

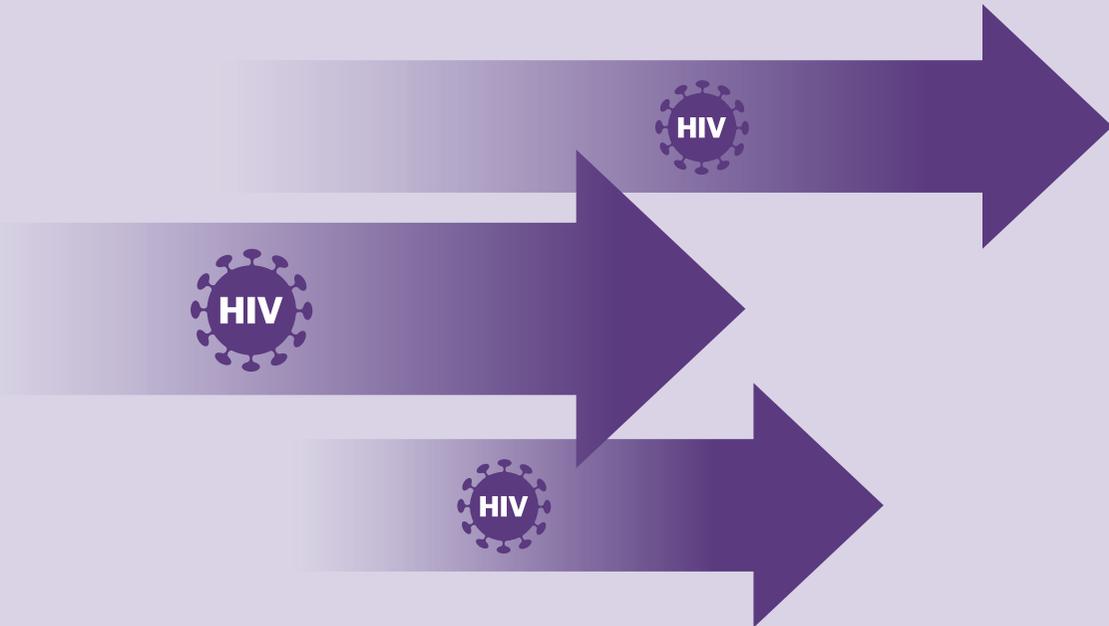
- Visit www.aidsmap.com/translations.

Has this leaflet been useful to you?

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

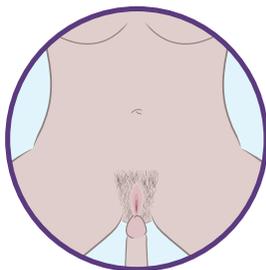
You can contact us to find out more about the scientific research and information we have used to produce this leaflet.

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

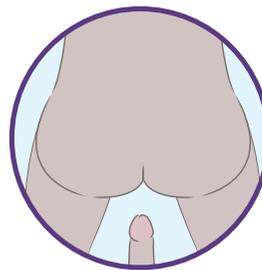


HIV can be passed on during the following activities.

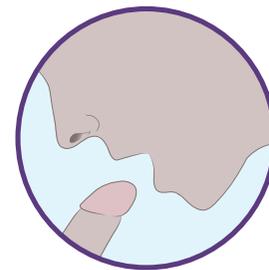
Vaginal sex, without a condom



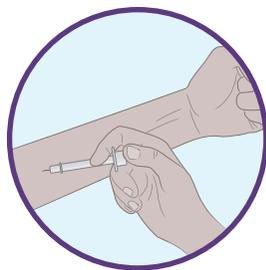
Anal sex, without a condom



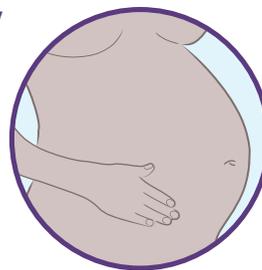
Oral sex, on a man, without a condom.
(Although there is less risk than through vaginal sex or anal sex.)



Injecting drugs, if equipment is shared.



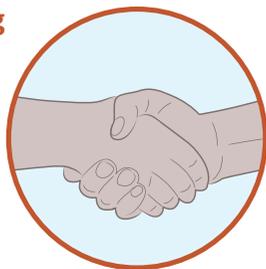
During pregnancy or childbirth, if precautions aren't taken.



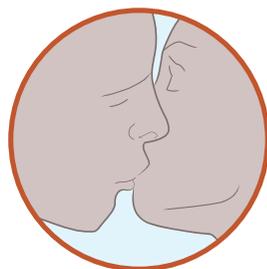
Breastfeeding



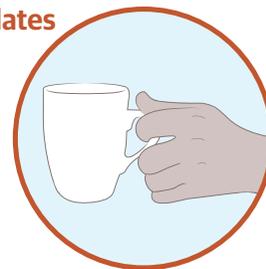
Shaking hands



Kissing or hugging



Sharing plates or cups

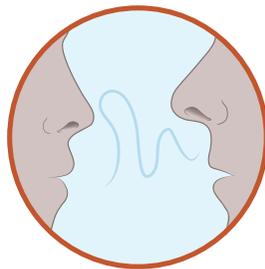


Using a toilet



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

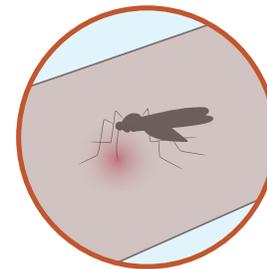
Breathing the same air



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 help prevent HIV from being passed on.