

## NAM

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If you would like to support our work and help us to continue to provide resources like this one, please donate today at [www.aidsmap.com/donate](http://www.aidsmap.com/donate)

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

## NOTES

### 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.

### Undetectable = Untransmittable (U=U)

When a person is living with HIV and is on effective treatment, the amount of HIV in their body fluids falls drastically, to the point where there is not enough HIV to pass on during sex. This low level of HIV is called an 'undetectable viral load'. When someone is undetectable, there is zero risk of HIV transmission to a sexual partner.

### Pre-exposure prophylaxis (PrEP)

PrEP is a form of HIV prevention in which people who don't have HIV take medication to protect themselves from HIV. PrEP involves taking medication on an ongoing basis before and after possible exposure to HIV.

### For more information on this topic

- Read our 'HIV transmission' page.
- Read our 'HIV & sex' booklet.

### For more information about HIV

- Visit our website [www.aidsmap.com](http://www.aidsmap.com)
- Speak to an adviser at THT Direct **0808 802 1221**

### For information in other languages

- Visit [www.aidsmap.com/languages](http://www.aidsmap.com/languages)

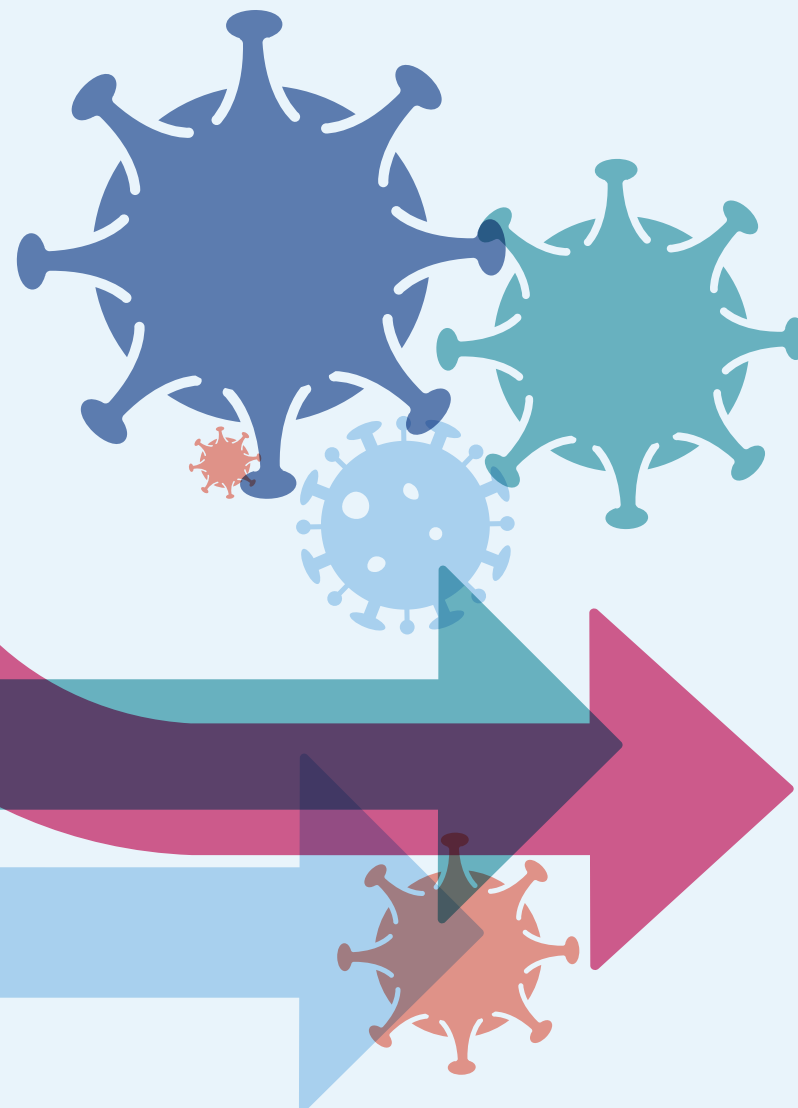
### Has this leaflet been useful to you?

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.**

# The basics Transmission facts



## HIV CAN be passed on during the following activities:

Vaginal sex,  
without a condom



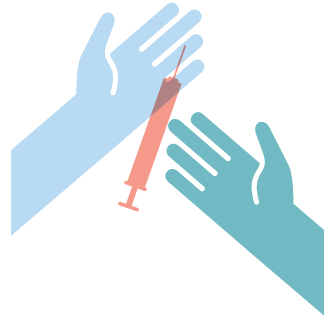
Anal sex,  
without a condom



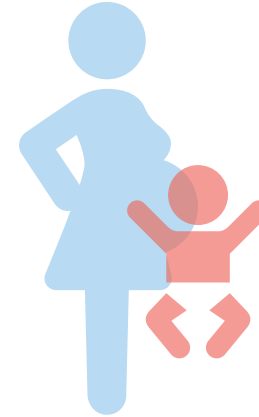
Oral sex, on a man,  
without a condom  
*(Although there is less risk  
than through vaginal sex  
or anal sex.)*



Injecting drugs,  
if equipment is shared



During pregnancy or  
childbirth, if precautions  
aren't taken



Breastfeeding



## There is NO RISK of HIV being passed on during the following activities:

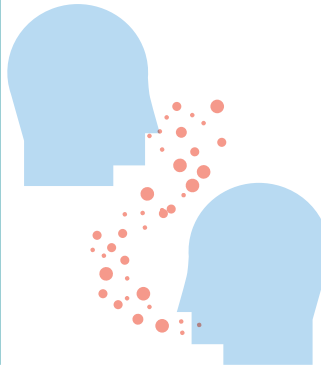
Shaking hands,  
hugging or kissing



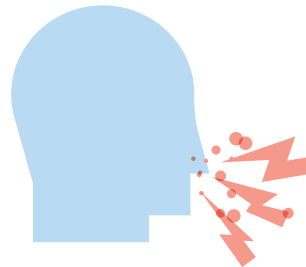
Sharing plates or cups



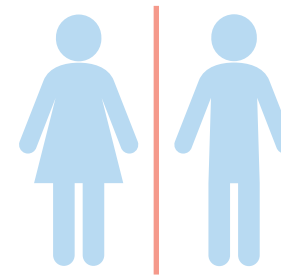
Breathing the same air



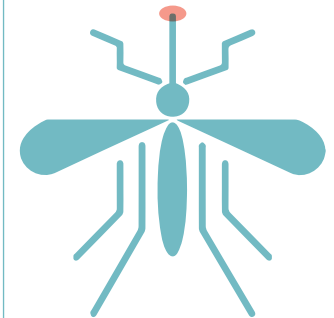
Spitting, sneezing  
or coughing



Using a toilet



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.

● Effective HIV treatment stops HIV from being passed on during sex. You can also stop transmission with condoms or PrEP (regular medication to prevent infection).