

# HIV / AIDS

How to better understand its transmission





# HIV\*/AIDS\*

## How to better understand its transmission

**There is a risk of HIV transmission (AIDS virus) from one person to another when the 3 following conditions are met:**

1. **Presence of a body fluid** containing the HIV virus in person A
2. **Point of entry** for the virus in person B
3. **Contact** between the two (fluid + point of entry)

1. On a HIV positive\* person, the HIV virus is present (in sufficient quantities and concentration for transmission) in the following **body fluids**:

- **Blood**
- **Sperm or pre-ejaculate liquid**
- **Vaginal secretions**
- **Breast milk**

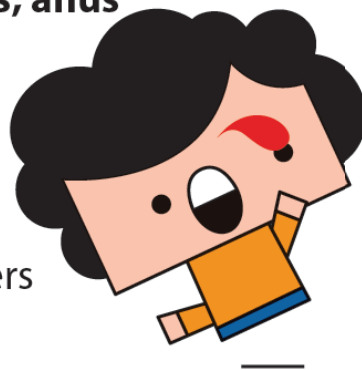
2. The points of **entry** for the virus are:

- **Open wound**
- **Eyes, nose, mouth, vagina, penis, anus**

3. **Contact** between the two

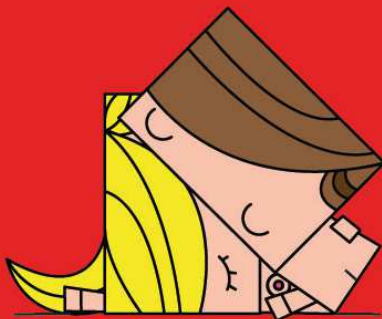
Example:

Blood from an infected person enters the eye of a non-infected person  
= risk of transmission



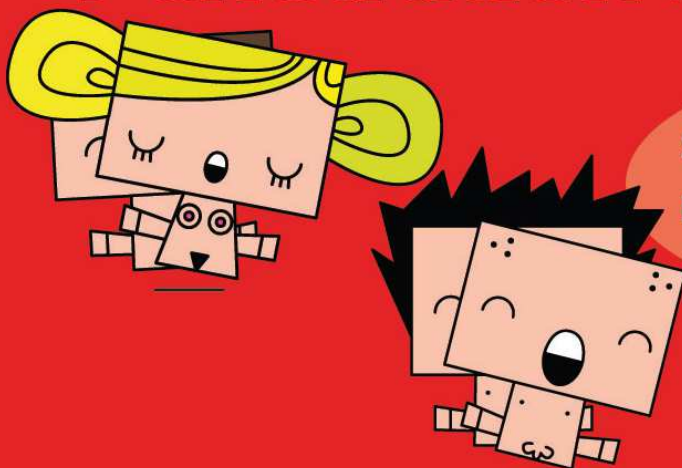
The following situations  
involve a **HIGH RISK**

## Vaginal Penetration WITHOUT CONDOM



Vaginal secretions → Penis  
Sperm → Vagina

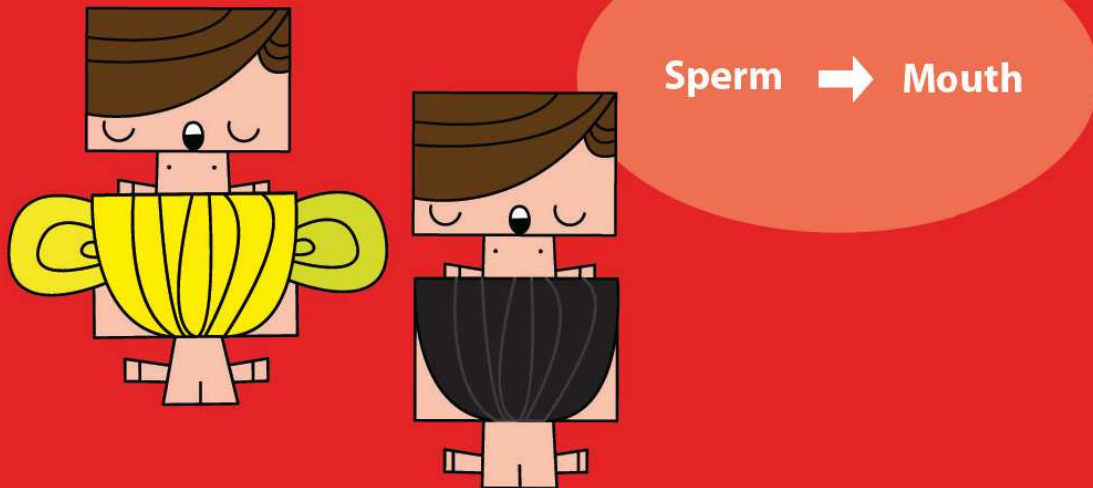
## Anal Penetration WITHOUT CONDOM



Sperm → Anus  
Blood **A** → Penis

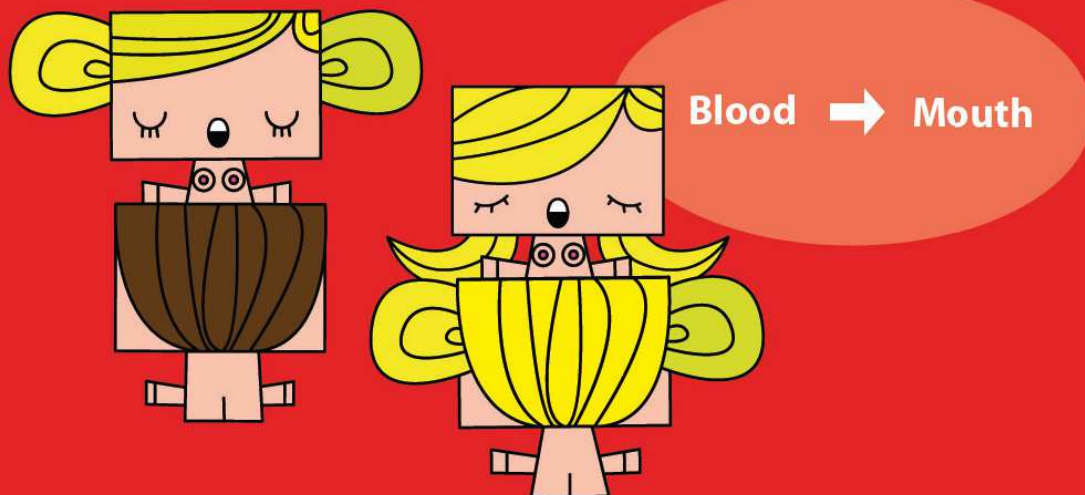
**A** Small lesions that bleed a little can be created during anal penetration.

# Fellatio WITHOUT CONDOM



The risk of transmission during fellatio or a blow job does exist if sperm enters the mouth. The risk is less when there is only pre-ejaculate liquid.

# Cunnilingus WITHOUT A DENTAL DAM

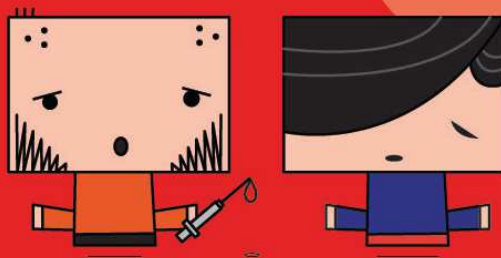


The risk during cunnilingus does exist before and after menstruation. The risk is minimal when vaginal secretions are present.

*Please note that the risk during oral sex only exist for the person performing the fellatio or the cunnilingus.*



# Sharing needles:



Blood in the syringe

➔ directly enters the body

The risk is high as the remaining blood (contaminated), which is found in the syringe, directly enters the body of another person. Free and sterile syringe distribution is organized at the Abridado (see address on [www.sida.lu](http://www.sida.lu)). To avoid other infections such as Hepatitis C or complications linked to infection, it is better to inhale than inject.



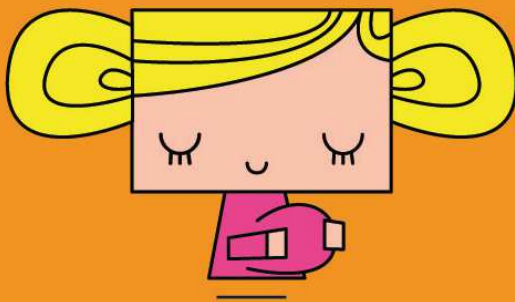
## Attention :

All these situations are risky if one of the partners is HIV positive\*! As there are no visible symptoms of HIV infection, we can not see if a person is infected or not.

**Only an HIV screening test** can determine if a person is HIV positive! This is why it is important to adopt safe sex practices and/or safer use when the status of the person is not known.

# The following situations involve a **MODERATE RISK**

## Pregnancy

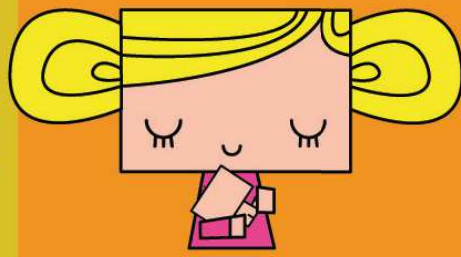


The risk of transmission does exist during pregnancy and child birth.

The risk of transmission from mother to child is reduced by giving a treatment to the mother during pregnancy as well as to the baby during his/her 1st month of life (this treatment prevents the virus from entering the cells of the baby and therefore results in less than 1% of babies being infected in Europe).

## Breastfeeding

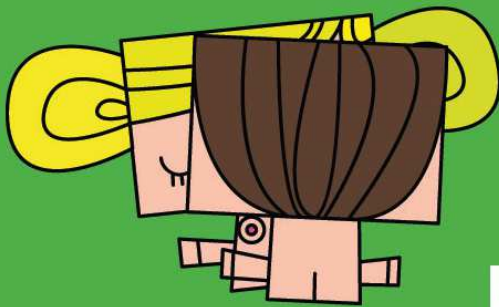
The HIV virus can be transmitted from a HIV positive mother to a baby during breastfeeding. It is therefore necessary to feed the baby with baby formula to avoid the possibility of contamination and not to feed the baby with breast milk.



The following situations  
involve **NO RISK**

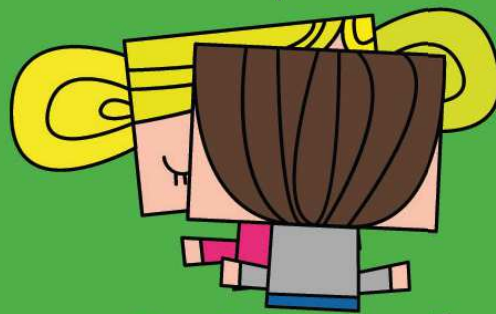
## Preliminaries

(caressing, masturbation)



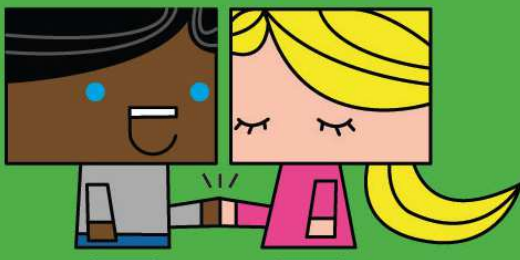
## Kissing

Smack



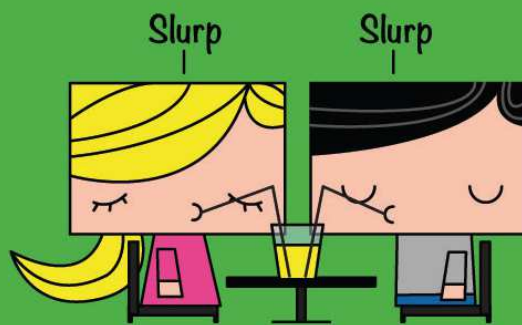
## Holding someone's hand

Hello

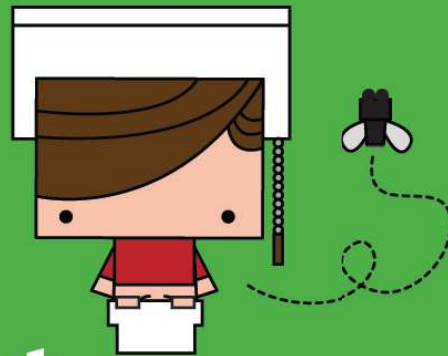




# Drinking from the same glass



## Toilets



## Visits to the dentist



## Going to the hairdresser



# Performing 1st aid

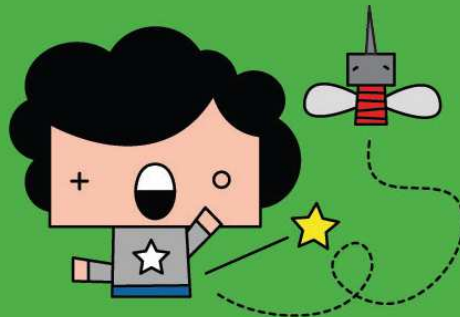


# Sharing your razorblade\*

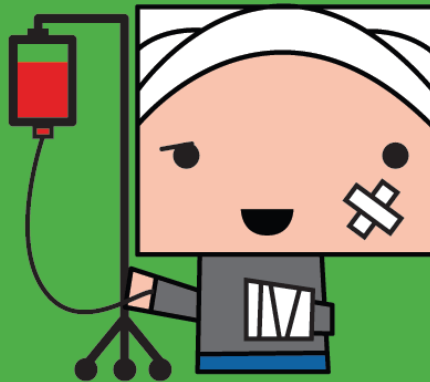


*\*There is a risk of transmission for Hepatitis B and C.*

# Mosquito or other insect bites



# Blood transfusion



In Europe, the risk of transmission by blood transfusion no longer exist as blood is thouroughly checked.

# Glossary

**HIV** means: **H**uman **I**mmunodeficiency **V**irus  
HIV destroys the CD4 lymphocytes (cells from the immune system that defend our body against infections) and, without treatment, this causes AIDS.

**AIDS** means: **A**cquired **I**mmunodeficiency **S**yndrome  
AIDS is manifested by the appearance of opportunistic\* diseases (infectious diseases, cancers,...), which appear when the amount of CD4 lymphocytes is no longer sufficient to fight against these infections.

**Opportunistic diseases:** infection/disease that takes advantage of a weakened immune system in order to develop.

**HIV** positive: if the result is “**positive**”, it means that the person is HIV positive, i.e. a carrier for HIV.

It is very important to consult a specialist to benefit from medical follow up and care and, if necessary, from an antiretroviral treatment. By properly taking these drugs and maintaining a healthy lifestyle, it is today possible to live with HIV for a long time.

**Safe Sex:** minimal risk sexual practice, which implies, for example, the use of a condom or dental dam, faithfulness to one partner, etc.

**Safer use** (drug consumption): use of injecting equipment or use of disposable or individual snort equipment.



# If you have any questions, please contact us at the following:

**HIVberodung Croix-Rouge  
Hépatites, IST et VIH**

94, BD du Général Patton  
L-2316 Luxembourg  
info@sida.lu  
T. 2755 4500  
F. 2755 4501  
www.sida.lu

**Stop Aids Now/Acces  
c/o HIVberodung  
Hépatites, IST et VIH**

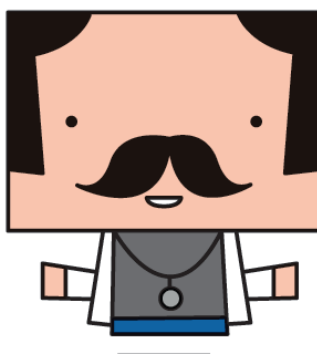
94, BD du Général Patton  
L-2316 Luxembourg  
san.acces@sida.lu  
T. 40 62 51  
www.sida.lu

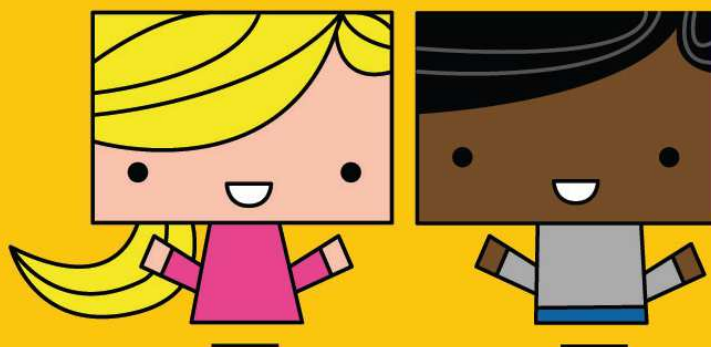
**Ministère de la Santé  
Direction de la santé  
Division de la Médecine Préventive  
et sociale**

Allée Marconi – Villa Louvigny  
L-2120 Luxembourg  
T. 247 855 60  
F. 46 75 28  
www.sante.lu

**Centre Hospitalier de Luxembourg  
Service des Maladies Infectieuses**

Care Unit U20 (2<sup>nd</sup> floor)  
24h/24h 7 days a week by phone  
441 1-8348 or 441 1-2730  
www.chl.lu





E-mail: **info@sida.lu** or **info@aids.lu**



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