

WAYS THAT HIV CAN BE TRANSMITTED:



BLOOD

- Sharing ANY drug equipment
- Shared or unsterilized tattoo/piercing equipment



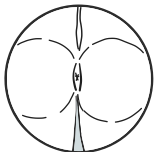
SEMEN (& PRE-CUM)

- Unprotected vaginal, anal or oral sex



VAGINAL FLUID

- Unprotected vaginal or oral sex



ANAL FLUID

- Unprotected anal sex

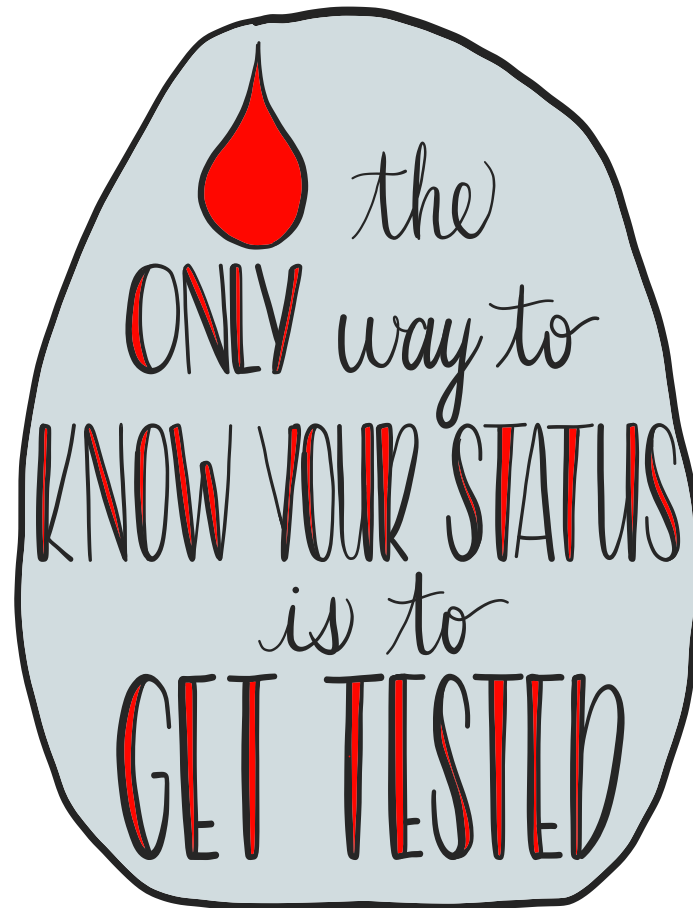


BREAST MILK

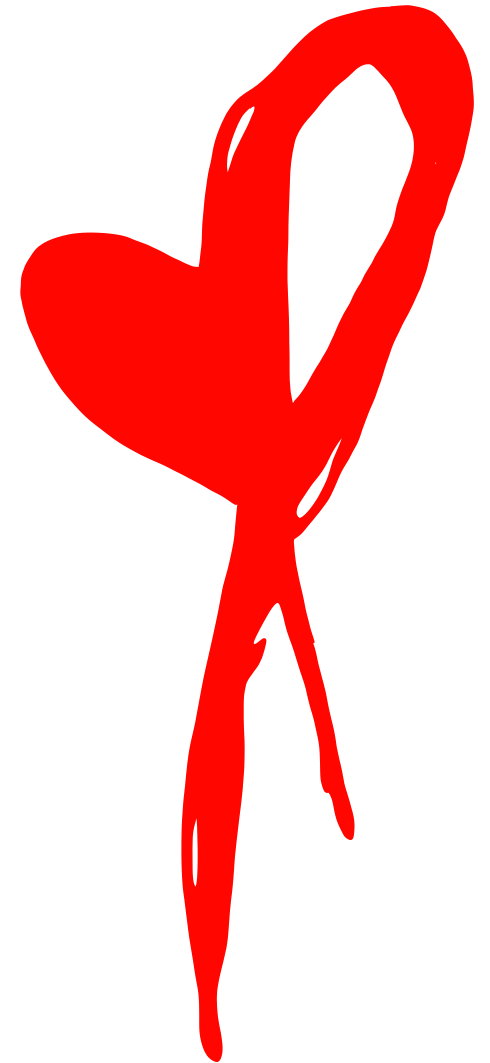
- Breastfeeding

NO RISK ACTIVITIES:

- Talking, touching, and shaking hands
- Hugging and kissing
- Fantasizing or masturbating to yourself
- Coughing or sneezing
- Using public bathrooms and swimming pools
- Mosquitos, bedbugs, or other insects and animals
- Tattooing or piercing with new or sterilized equipment
- Using ceremonial pipes or attending sweats



To get tested, please see your local health clinic.



HIV 101

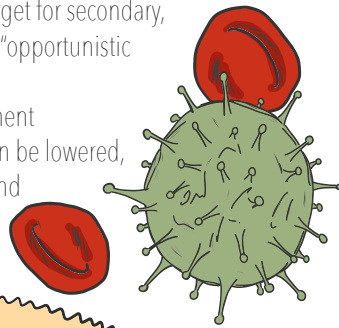
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For More Information:
www.aids Saskatoon.ca
1-800-667-6876

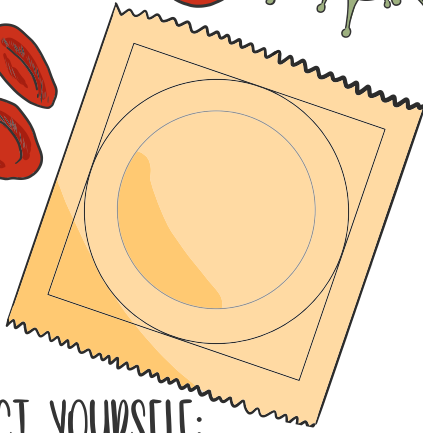


What is HUMAN IMMUNODEFICIENCY VIRUS?

- A virus that makes people sick by attacking and weakening their immune systems over time.
- HIV can progress to AIDS. With AIDS, the immune system becomes so weak that the body becomes a target for secondary, life-threatening infections known as "opportunistic infections".
- With early testing and proper treatment (Antiretroviral Therapy), HIV levels can be lowered, and the body can become healthy and strong again.
- Anyone can be infected!

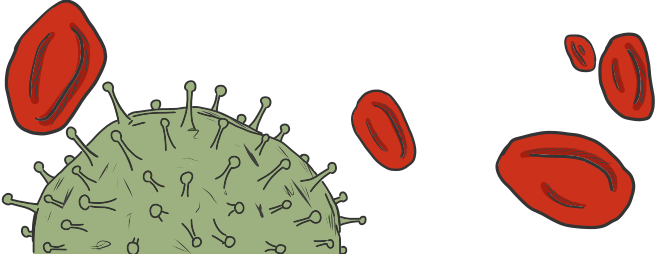


HIV and SEX



HOW TO PROTECT YOURSELF:

- **USE A CONDOM** every time you have vaginal or anal sex. Use a new condom for each sex act and each partner. Both male condoms and female (internal) condoms can protect you from HIV and other sexually transmitted infections.
- **USE WATER-BASED OR SILICONE-BASED LUBRICANTS**
- **USE A CONDOM OR DENTAL DAM** every time you have oral sex.
- **GET TESTED REGULARLY** for HIV and STIs. Having STIs increases your risk for giving and receiving infections like HIV or other STIs.



FAQs

- Q** HOW IS HIV SPREAD?
- A** HIV can spread when blood, semen (and pre-cum), anal fluid, vaginal fluid, or breast milk from someone who is HIV positive gets into the bloodstream of someone else, through broken skin, the opening of the penis, or wet linings of the vagina, rectum, or foreskin.
- Q** IS THERE A CURE?
- A** No, but proper treatment can lead to long, healthy lives, and prevent the infection from progressing to AIDS.
- Q** WHAT HAPPENS DURING PREGNANCY?
- A** HIV can spread from mother to child during pregnancy, at birth, and through breastfeeding. However, with proper treatment and by avoiding breastfeeding, chances of transmission can be reduced to less than 1%. If you are pregnant or thinking about pregnancy, seeing your local healthcare provider.

TIPS FOR SAFER DRUG USE

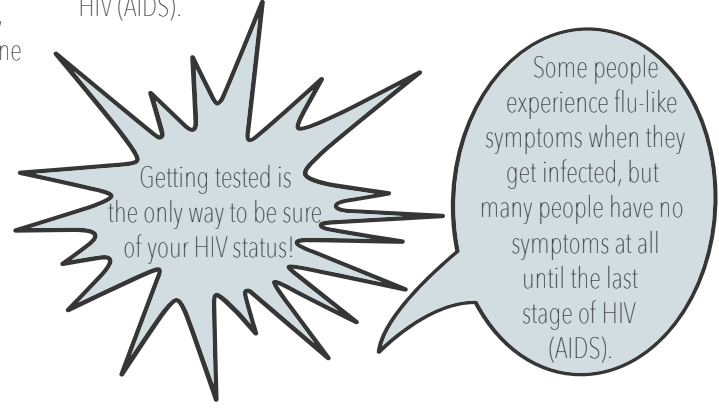
Using drugs and sharing drug equipment can be very risky. If you use drugs, you can reduce harm and protect yourself by:

- Using a new needle every time you inject drugs.
- Using personal, unshared drug equipment, including pipes, straws, cookers, water, filters, and ties, every time.
- Get tested for HIV and Hepatitis C regularly.



WHY GET TESTED?

- Getting tested is the only way to be sure of your HIV status!
- Some people experience flu-like symptoms when they get infected, but many people have no symptoms at all until the last stage of HIV (AIDS).



WHAT IF I TEST POSITIVE?

- Talk to your healthcare provider about treatment. With proper treatment, you can stay healthy and prolong your life.
- Practice safe sex and drug use to protect loved ones and peers.
- Join a support group to find like-minded others and to share your experiences in a safe space.

