

How can I avoid becoming infected with HIV?

SEXUAL INTERCOURSE

HIV can enter through the delicate linings of the genitals or tiny cuts and scrapes during unprotected sex with a HIV positive person.

To avoid transmission of HIV, practice SAFER SEX:

- Using a new condom and waterbased lubricant (eg. KY Jelly or Wetstuff) every time you have sex.
This will also protect you from most other sexually transmitted infections.

INJECTING DRUGS, BODY PIERCING OR TATTOOING

- HIV can be transmitted through sharing needles and syringes and by having body piercing and tattooing done with used needles.

To avoid transmission of HIV when injecting drugs:

- Don't share needles, syringes and other equipment used to inject drugs.

To avoid transmission of HIV when having body piercing and tattooing:

- Go to a licensed studio where needles and other equipment are discarded after use or properly sterilised.
- Doing this will also help protect you from other viruses such as hepatitis B and hepatitis C.

MOTHER TO CHILD

HIV can be passed on from an HIV positive mother to her child during pregnancy, childbirth, or through breast feeding. However, many HIV positive women are now able to have healthy babies by taking medication during pregnancy.

As HIV is present in breast milk, it is recommended in Australia that HIV positive mothers do not breast feed their babies.

BLOOD TRANSFUSIONS AND/OR BLOOD PRODUCTS

In Australia since 1985, blood and all blood products are checked for HIV. People who are HIV positive cannot donate blood. However, blood transfusion remains a high risk in some overseas countries.

HIV CAN NOT BE TRANSMITTED BY:

- Insect bites
- Sharing plates or cups
- Ordinary daily contact with people with HIV
- Kissing or hugging an HIV positive person

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<http://www.adelaidenow.com.au/news/south-australia/hiv-cases-spike-among-heterosexuals/story-e6frea83-1226137285290>

“ I don't have any goals. It doesn't last forever; people are still dying. One minute they're good and the next minute they're all gone. Medication won't keep me alive altogether. I don't think you can really plan for years ahead.

- DAVE -

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HIV/AIDS Fact Sheet

21, 391 Australians were living with HIV by the end of 2010, in 10 years it is estimated this figure will **increase** by almost **50%***



*Based on a report of mathematical modelling by the Kirby Institute for infection and immunity in society

“ I was 24 when I was diagnosed and I'm 41 now, so I've been HIV positive for a very long time and I just couldn't imagine what it would be like not to be HIV positive. A year or two ago I did think about how wonderful it would be to be HIV negative and not have this constant weight on my shoulders. There's a sense of loss of one's youth. When you're young and in the prime of your life you shouldn't have to be thinking about dying, you shouldn't be worrying. - TAI

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