



HIV

THE FACTS

NoaksArk



WHAT IS HIV?

HIV IS A VIRUS that causes a chronic infection. There is as yet no cure for HIV, but in Sweden treatment for HIV is so effective that a person with HIV has as good a chance of living a long life as anyone else. Treatment should be started as early as possible, as an untreated HIV infection can lead to serious complications, and may in the long-term even be life-threatening. That is why it is essential to be tested if you have exposed yourself to the risk of HIV.

HIV is never transmitted in day to day social contact.

HOW IS HIV TRANSMITTED?



- ♥ **By having unprotected anal or vaginal intercourse with someone who has untreated HIV.**
- ♥ **By having oral sex with someone who has untreated HIV.**
- ♥ **Through a blood transfusion or organ transplant.**
- ♥ **Through blood if you share injection drug equipment.**
- ♥ **From a mother who has HIV to her child during pregnancy, childbirth or breast-feeding.**

WHEN HIV IS BEING TREATED

TODAY'S HIV TREATMENT is so effective that the amount of the virus falls to levels which are so low they are hardly measurable. HIV which is being treated is not passed on through sex.

The risk of HIV being passed on during pregnancy or childbirth is very low if the mother is treated in good time.

It is as yet too early to say how much the risk is reduced if you share injection drug equipment.

Breastfeeding, blood transfusions and organ donation are all considered to carry a risk even when HIV is being treated.



NoaksArk
DIREKT

020-78 44 40 – SAFE ANSWERS ON HIV



PROTECT YOUR- SELVES AND OTHERS

- ♥ Using a condom protects against HIV and other sexually transmitted infections.
- ♥ Never share injection drug equipment with anyone.
- ♥ Take a test if you're in any doubt.
- ♥ HIV which is being treated with medication is not spread through sexual contact. The safest sex is with someone who has HIV which has been treated.

HOW DO I KNOW IF I HAVE HIV?

THE ONLY WAY to find out if you have HIV is to take an HIV test. It's important to take a test if you think you might have exposed yourself to the risk of HIV. Finding out that you have HIV means you can get treatment, which will protect your immune system and mean you will not pass on an infection when you have sex.

You can take a test at a health centre, sexual health clinic, youth clinic, or through your gynaecologist or midwife. There are special clinics for men who have sex with men in Stockholm, Gothenburg and Malmö. HIV testing is free of charge and you can be anonymous.



**MANY NOAKS ARK ASSOCIATIONS
OFFER AN HIV TEST WITH A RAPID
RESULT (15 MINS).**

NOAKS ARK

NOAKS ARK (NOAH'S ARK) works to limit the spread of HIV and other blood-borne and sexually transmitted diseases. We provide education, information and advice. We offer HIV testing with rapid results as well as individual support and social activities. Noaks Ark works to promote increased well-being among people with HIV and those close to them. Our aim is to influence opinion and raise awareness of HIV and to reduce the shame associated with sexually transmitted diseases.

FIND NOAKS ARK NEAR YOU



THE NATIONAL FEDERATION of Noaks Ark Associations has a network of regional associations which are active around Sweden.

For more information about HIV and where to find your nearest Noaks Ark association:

WWW.NOAKSARK.ORG