

Did you know ?

- AIDS is a disease that attacks our body's defense system, it is caused by the Human Immunodeficiency Virus (HIV).
- The only way to know if you are infected by the virus or not is to have a screening test (rapid test or blood test).
- AIDS can be treated but cannot be cured : now, less severe treatments exist and allow HIV-positive persons to reduce their viral load to make it undetectable. Then HIV becomes non-transmissible.
- **An HIV-positive person who has an undetectable viral load thanks to treatment no longer transmits HIV.**

The undetectable viral load

- The viral load refers to the level of virus in blood and sexual secretions.
- The lower the viral load is, the less contaminating the person is and vice versa.
- The viral load is said to be undetectable (thanks to treatments) when it is so small that HIV in the blood can no longer be detected. However, the person remains HIV-positive but can no longer transmit HIV. Having regular medical follow-up and following the treatment well ensures the viral load becomes undetectable (6 months are necessary).
- Undetectable status = untransmittable only protects from HIV but not from other STIs.

How HIV is transmitted ?

HIV is found in the blood, the sperm, the seminal fluid produced before ejaculation, anal mucosa, vaginal secretions and breast milk.

HIV is transmitted

- during unprotected vaginal, anal and/or oral sex ;
- by sharing needles, sharp objects or using non-sterile injection equipment ;
- from an HIV-positive mother to her child during pregnancy, child birth and breastfeeding. But if the mother has good medical care and takes her treatment well, her baby will be born HIV negative.

HIV is not transmitted through

- kissing, coughing, sneezing, saliva, tears ;
- handshakes and accolades ;
- sharing of cutlery, of bed, of lavatory or bathroom ;
- insect bite.

How to protect yourself ?

With the help of combined prevention :



Using condoms male or female (and water-based lubricant if necessary) to avoid contact with :

- contaminated corporeal liquids ;
- IST-infected or damaged skin.





Screening

In certain associations which use quick screening (drop of blood on finger tip), the delay is 3 months after risk-taking.

At an attending physician, a family planning center, a medical house or in hospitals, for a classic blood sampling, the delay is 6 weeks after risk-taking.



Treatments

PrEP :this treatment is proposed to a seronegative person who takes risks in order to avoid being contaminated by HIV (does not protect from other STIs).

TPE : this is an urgent treatment which enables to reduce HIV transmission risks to a seronegative person. This treatment needs to be started as soon as possible and maximum 72 hours after risk-taking. It is only delivered by a doctor in a HIV reference center, in case of a high risk of infection.

Contacts

Namur : SASER

<https://pointsrelaissida.jimdo.com> - 081/77.68.20

Liège : Sidasol

www.sidasol.be - 04/366.96.10

Charleroi : Sida-IST Charleroi-Mons

www.sida-charleroi-mons.be - 071/92.90.16

Zanzu

<https://www.zanzu.be/en/>

To find a screening centre close by your home, visit website:
www.preventionsida.org

Éd. Resp. : Thierry Martin, Plate-Forme Prévention Sida
Place de la Vieille Halle aux Blés 28/29 - 1000 Bruxelles

Whether you are a parent, a partner, a community member, religious responsible, we all have a role to play in HIV prevention, it is our common responsibility.



Condom



Screening



Treatments

Plate-Forme Prévention Sida
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1000 Bruxelles
Tél: 02/733.72.99

WWW.PREVENTIONSIDA.ORG



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