

# 5

# HIV FACTS

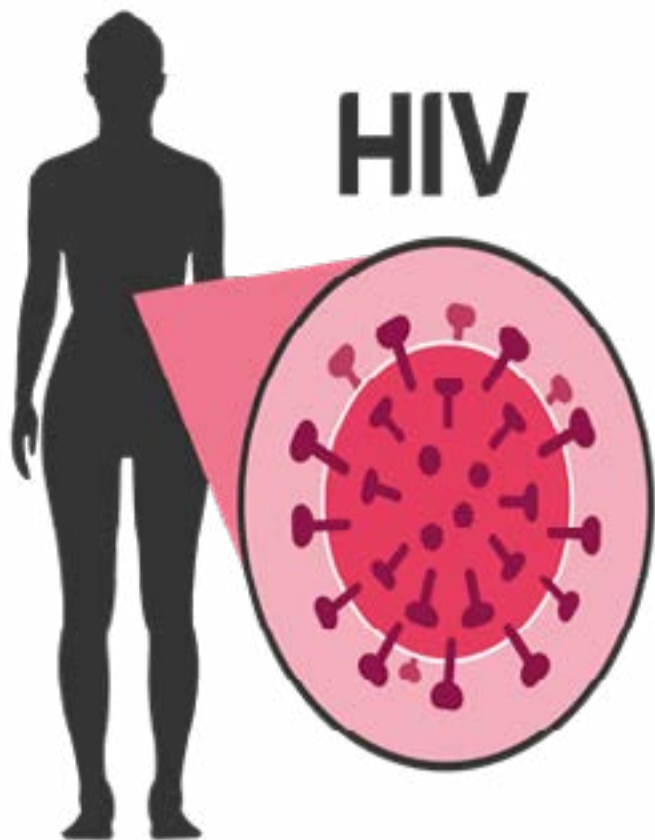


[www.nat.org.uk](http://www.nat.org.uk)



[www.mencap.org.uk](http://www.mencap.org.uk)

# WHAT IS HIV?



HIV is a virus. This virus lives inside the body.

HIV stands for Human Immunodeficiency Virus

HIV makes it easier for people to become ill.

This happens because HIV makes it hard for the body to fight infections



It is important to get the right information and advice about HIV.

These are some facts you should know.

# 1

## WHO CAN GET HIV?



Anyone can get HIV.

It can happen to men and women.

# 2

## HOW TO FIND OUT IF YOU HAVE HIV



There are tests to check for HIV.

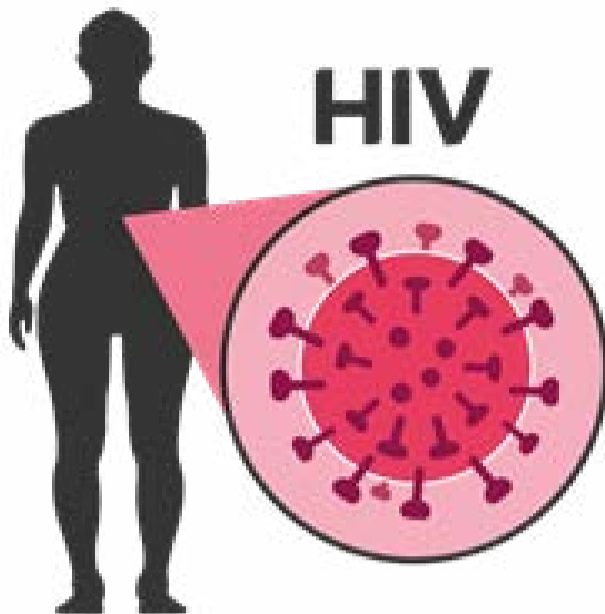
This can be with a GP or in a sexual health clinic.



If you are worried you might have HIV it is important to get tested as soon as possible.

## 3

## HOW CAN YOU GET HIV?



If the person with HIV is **not** on good treatment they can give HIV to someone else.



This can happen by having sex without using a condom.



This can happen by sharing needles with other people.



HIV can be passed from a mother to her baby during pregnancy if she is **not** on treatment.

# 4

## HOW CAN YOU NOT GET HIV?



You will **not** get HIV from touching or kissing.



You will **not** get HIV from sharing things like knives and forks.



You will **not** get HIV from sharing glasses or cups.



There are ways to keep yourself safe from HIV.



Never share needles with another person.



If you are having sex use condoms.

# 5

## LIVING WITH HIV



There is no cure for HIV.

There are medicines for HIV that can keep people healthy.



This means the person with HIV cannot give HIV to someone else.



People with HIV who are on good treatment can live long and healthy lives like everybody else.



There are people and places that can help.