

MAN  
TO MAN,  
TALK ABOUT HIV  
SILENCE CANNOT BE ANOTHER SYMPTOM



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FOLLOW US ON:  

All of us men who have sex with men are coexisting with HIV.

APPROXIMATELY  
**1 IN 10 OF US  
HAS HIV**

1 in every 3 people infected with HIV is not diagnosed.

**LET'S TALK  
ABOUT HIV**

Because the HIV infection has no cure or vaccine.

Because although taking the medication rigorously and for life improves one's quality of life and life expectancy, the infection has serious health consequences.

Because in Spain there are now more men getting infected through homosexual practices than those who get infected through heterosexual sex.

**LET'S TALK  
ABOUT THE  
TEST**

If you have been engaged in unsafe or risky sexual practices, don't delay, get yourself tested. Go to your local health centre, a centre for sexually transmitted diseases or one of the NGOs that do the test. Do not donate blood just to get tested for HIV.

The HIV test's result is always confidential and in some places it can be done anonymously.

**LET'S TALK  
BEFORE  
HAVING SEX  
AND LET'S  
AGREE TO  
MAKE IT SAFE**



**ON WHAT GROUNDS  
DO WE DECIDE TO USE  
A CONDOM OR NOT?**

Sometimes we decide to use a condom or not depending on someone's physical appearance or depending on how much we trust the person or the "good vibes" we get from him. Don't assume anything.

Maybe you think: "he doesn't have HIV either" and the other person thinks: "he doesn't have HIV either" but you can have HIV or other sexually transmitted infections and not know about it. In fact...

**1 IN EVERY 3  
PEOPLE  
INFECTED  
WITH HIV  
IS NOT  
DIAGNOSED**

**BEFORE HAVING SEX  
WITH SOMEONE,  
WE'LL AGREE TO USE  
A CONDOM.**

## LET'S SPEAK CLEARLY TO OUR STEADY PARTNER

Using a condom between each other until we get the test results means we can avoid getting infected.

LET'S RESPECT THE AGREEMENTS PUT IN PLACE TO KEEP US SAFE.

## OPEN RELATIONSHIP COUPLES

We can put our health and our partner's health at risk if we agree to use a condom outside of this relationship and then we don't use one.

LET'S TALK ABOUT PROTECTING OURSELVES.



## MONOGAMOUS COUPLES

Perhaps we have agreed not to have sexual intercourse outside of our relationship. But if we do have sexual intercourse and we don't use a condom, let's talk to our partner and take action until infection has been ruled out.



## IF HIV DOES NOT DISCRIMINATE, LET US NOT DISCRIMINATE

WE ALL SHARE OUR LIVES WITH PEOPLE WHO HAVE HIV, EVEN IF THEY TELL US OR NOT. THEY CAN BE FRIENDS, WORK COLLEAGUES OR FRIENDS WE SOCIALIZE WITH, OUR PARTNER OR OTHER MEN WHO WE HAVE SEX WITH.



SOME ARE UNAWARE THAT THEY HAVE HIV, FOR OTHERS WE KNOW IT BUT WE ARE AFRAID OF BEING REJECTED IF WE SAY ANYTHING. ALL OF US, HIV POSITIVE OR NOT, HAVE THE RIGHT TO ENJOY OUR SEX LIFE TO THE FULL.

ALWAYS USE A CONDOM WITH LUBRICANT FOR ANAL INTERCOURSE AND AVOID EJACULATION IN THE MOUTH.

HIV AFFECTS ALL OF US.

## TAKE THE TEST AT LEAST ONCE A YEAR

If you have HIV, as soon as you know the quicker you can take steps to keep your health under control.

INFORM YOURSELF:

**900ROSA**  
**900 601 601**  
**RED CROSS**  
**900 111 000**



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