

What do you have TO DO INFECTION?

Use a condom every time you have penetrative sex with an infected person or with anyone if you are unsure if they are infected or not. Remember there are people who do not know that they are infected by HIV and this is why you have to take precautions. Using a condom is the best method of preventing HIV and other sexually transmitted infections and it helps avoid pregnancy too. Also using a condom is very easy; just follow the instructions you will find in the condom packs.

Never use syringes or needles previously used by other people.

Do not share cutting instruments which have been in touch with the blood of other people.

¿WHY IS IT GOOD TO GET TESTED FOR HIV?

Though there is no definitive cure for AIDS, there are new and potent treatments which have been available in Spain since late 1996 and which allow infected people to live longer and with better health. In case you are infected, the sooner you find out, the sooner you will be able to start the treatment prescribed by your doctor.

In Spain, HIV testing is recommended for all pregnant women. You have to know that if you are pregnant and infected by HIV, there are treatments which markedly reduce the risk of passing HIV to your child. You can also decide to have a legal termination of your pregnancy. If you find out you are infected, you should not breast feed your child.

Also, if you find out that you are infected, you should be sure to **ALWAYS** use a condom when having penetrative sex in order not to infect other people.

And remember, respect and
solidarity contribute
to prevent **AIDS**

Helpful addresses and phone numbers CC.AA.

ANDALUCÍA

Programa andaluz de Actuaciones ante el VIH
Dirección General de Salud Pública y Participación
Avda. de la Innovación, s/n
Edificio Arena, 1-1ª planta
41071 Sevilla
Tel.: 955 006 569 - 955 006 300 - 955 006 558
Tel. gratuito de información sobre sida: 900 850 100

ARAGÓN

Departamento de Salud y Consumo
Programa de Prevención y Control de la Infección por VIH/Sida
Dirección General de Salud Pública
C/ Ramón y Cajal, 68
50004 Zaragoza
Tel.: 976 439 988 (Sida) - 976 715 000 (centralita)

ASTURIAS

Dirección General de Organización de las Prestaciones Sanitarias
Programa de Prevención y Atención a Personas Afectadas por VIH/sida
c/ General Elorza, 32
33001 Oviedo
Tel.: 985 106 519

BALEARES

Conselleria de Salut i Consum
C/ Cecilio Metelo, 18
07003 Palma de Mallorca
Tel.: 971 176 868

Centre Insular de Sanitat de Menorca
Avda. de José María Cuadrado, 17-1º
07703 Maó (Menorca)
Tel.: 971 360 426

Centre Insular de Sanitat d'Eivissa
Via Romana, 81
07800 Eivissa
Tel.: 971 306 700

CANARIAS

Dirección General de Salud Pública
Programa de Prevención de Enfermedades de Transmisión Sexual y Sida
Servicio Canario de Salud
C/ San Sebastián, 75
38005 Santa Cruz de Tenerife
Tel.: 922 279 397 - 902 114 444

Cruz Roja Española
Muelle Deportivo s/n
Las Palmas de Gran Canaria
Tel.: 902 114 444 - 928 240 144

CANTABRIA

Consejería de Sanidad y Servicios Sociales
Dirección General de Salud Pública
Servicio de Salud Pública
C/ Marqués de la Hermita, 8
39071 Santander
Tel.: 942 207 745 - 942 207 732

CASTILLA LA MANCHA

Consejería de Sanidad
Dirección General de Planificación y Atención Sociosanitaria
Avda. de Francia, 4
41005 Toledo
Tel.: 925 267 763 - 925 267 758

CASTILLA Y LEÓN

Dirección General de Salud Pública
Consejería de Sanidad
Paseo Zorrilla, 1
47071 Valladolid
Tel.: 983 413 600

CATALUÑA

Departament de Salut
Direcció General de Salut Pública
Programa per la Prevenció i la Assistència de la Sida
Travessera de les Corts, 131-159 Pavelló Ave Maria
08028 Barcelona
Tel.: 932 272 900 - 933 398 756
Tel. Gratuito información sobre sida: 900 212 222 (ámbito comunitario)

EXTREMADURA

Dirección General de Atención Sociosanitaria y Salud
Subdirección de Salud Pública
Oficina de Coordinación de Sida
Avda. de las Américas, 1
06800 Mérida (Badajoz)
Tel.: 924 382 641
Tel. gratuito información sobre drogas y sida: 900 210 994 (ámbito comunitario)

GALICIA

Consellería de Sanidade
Dirección Xeral de Saúde Pública
Servicio de Prevención e Control das Enfermidades Transmisibles
Edificio Administrativo San Lázaro s/n
15781 Santiago de Compostela (A Coruña)
Tel.: 981 542 960

MADRID

Dirección General de Salud Pública,
Alimentación y Consumo
Instituto de Salud Pública de la Comunidad de Madrid
Programa de Prevención de la Infección por VIH/sida
C/ Julián Camarillo, 4b, 2.ª planta
28037 Madrid
Tel.: 912 052 350

MURCIA

Consejería de Sanidad
Servicio de Promoción y Educación para la Salud
Programa de Información y Educación Sanitaria sobre Sida
C/ Ronda de Levante, 11 - planta baja
30008 Murcia
Tel.: 968 235 141
Tel. gratuito de información Sida: 900 706 706 (ámbito comunitario no móviles)

NAVARRA

Instituto de Salud Pública
C/ Leyre, 15
31003 Pamplona-Iruña
Tel.: 848 423 396

PAÍS VASCO

Plan de Prevención y Control del Sida
OSAKIDETZA
Avda. de Navarra, 4
20013 San Sebastián
Tel.: 943 006 464

LA RIOJA

Plan Regional de Sida
Consejería de Salud
C/ Villamediana, 17
26071 Logroño
Tel.: 941 291 197

C VALENCIANA

Servicio Plan del Sida
Conselleria de Sanidad
C/ Micer Mascó, 31-33
46010 Valencia
Tel.: 963 866 695
Tel. gratuito de información sobre sida: 900 702 020

CEUTA

Plan sobre Sida
Consejería de Sanidad y Bienestar Social
C/ Juan de Juanes, 4
51002 Ceuta
Tel.: 956 503 359

MELILLA

Delegación del Gobierno
Area Funcional de Sanidad
Avda. Marina Española, 3
52001 Melilla
Tel.: 952 991 168

TELÉFONOS INFORMACIÓN GRATUITA

900-ROSA:
900 601 601

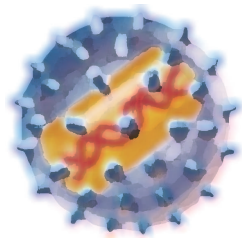
FASE - Médicos del Mundo:
900 111 000



www.msc.es

What is **AIDS**?

AIDS is a disease caused by a virus called **HIV** or the «AIDS virus». This virus attacks the defences of our bodies making us more vulnerable to infections and some types of cancer. Someone who has HIV in his/her body is an infected person.



VIH: AIDS virus

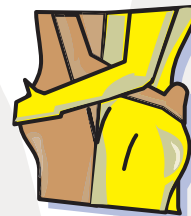
An infected person may feel well and may not suspect that he/she has HIV but if he/she does not receive treatment, AIDS will eventually develop and within approximately 10 years. Even before the development of AIDS, someone infected by HIV **may infect other people** if precautions are not taken.

To find out if you are infected, you have to take a simple **blood test**. You can have this test done in any health centre, free of charge and without disclosing your name. **Ask for information from the telephone numbers you will find listed on the last page.**

There are 40 million people infected by HIV in the world and Spain is one of the most affected countries in Europe. The AIDS virus **does not distinguish between men and women, countries, races or ages; any of us can get infected and avoiding HIV depends on our behaviour**. First, you have to know:

How is **HIV** transmitted?

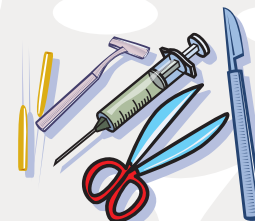
Through penetrative sex (vaginal, anal or oral) without condoms, both between men and women or between men.



By using syringes or needles which have been previously used by infected people.



By using sharp instruments such as needles for tattooing and piercing or razors that have been in touch with the blood of an infected person as well as by blood oaths.



A pregnant woman who is infected by HIV can pass it on to her child during pregnancy, delivery and breast feeding.



How is **HIV NOT** transmitted?

By working, living or going out with a HIV infected person.



By going to the same school as an infected child.

By shaking hands, hugging or kissing.



By sleeping in the same bed.

Through sex without penetration.



By sharing spoons, knives and forks and eating from the same plate or drinking from the same glass.

By using public toilets, swimming pools or showers.

Through mosquito bites or domestic animals.



In Spain, there is no risk of infection by giving or receiving blood.

How is **HIV** transmitted?

What do you have to do to avoid infection?

If any of these apply to you, it is essential that you get tested for HIV. Get informed

In everyday life, there is no risk of transmission of HIV