HIV is a virus that can make you sick. **There is no vaccine to prevent HIV.**

### BASIC FACTS

- **HIV stands for Human Immunodeficiency Virus.**
- **AIDS stands for Acquired Immunodeficiency Syndrome.**

**Why are there two terms?**

- **HIV** is the virus: you can get infected with HIV, but there is no treatment.
- **AIDS** is a medical condition: when your immune system can become too weak to fight off serious infections, you can become sick with the condition known as AIDS. Without HIV treatment, your immune system can become too weak to fight off serious infections.

### HIV & AIDS

- **HIV** stands for Human Immunodeficiency Virus.
- **AIDS** stands for Acquired Immunodeficiency Syndrome.

There is no vaccine to prevent HIV, but there is treatment.

- **AIDS** leads to** Death**.

— **There is no cure for HIV.**

- Without HIV treatment, your immune system can become too weak to fight off serious infections.

**What are HIV & AIDS?**

HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immunodeficiency Syndrome.

- **There is no cure for HIV, but there is treatment.**
- **Without HIV treatment, your immune system can become too weak to fight off serious infections.**

**HIV weakens your immune system, your body's ability to fight off infections.** Eventually, you can become sick with life-threatening infections. This is the most advanced stage of HIV infection: AIDS.

- **HIV** is the virus that can make you sick. It cannot be cured, but there is treatment.

— **AIDS** stands for Acquired Immunodeficiency Syndrome.

— **HIV** stands for Human Immunodeficiency Virus.

— **There is no vaccine to prevent HIV.**

— **Anyone can be infected with HIV.**

— **HIV is spread through**:

  - **sex**
  - **insect bites**
  - **intranasal cocaine use**
  - **injections**
  - **drugs**
  - **blood transfusions**

— **HIV cannot pass through healthy, unbroken skin.**

### HIV & Sex

- **HIV can be passed during sexual activity.**

**HIV & the Law**

- **Sharing needles and other drug equipment** can make you sick. This can happen when you:
  - share needles and syringes
  - inject drugs
  - use drugs at a clinic
  - use drugs in a community health centre

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### HIV & Drug Use

- **There are things you can do to reduce the risk of HIV transmission.**

### HIV & Pregnancy

- **If you are HIV-positive, with proper care and treatment** you can have a healthy pregnancy and a healthy baby.

### HIV & Blood Products

- **Once November 1992, all blood products in Canada were** tested for HIV.

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- **If you are HIV-positive, with proper care and treatment** you can have a healthy pregnancy and a healthy baby.
HIV is a virus that can make you sick. There is no vaccine to prevent HIV. HIV weakens your immune system, your body's built-in defence against disease and illness. Eventually, you can become sick with serious stage of HIV infection, called AIDS.

Who can get HIV?

Anyone can be infected with HIV, no matter... You can have HIV without knowing it. You may not look or feel sick for years, but you can become too weak to fight off serious infections. This is the most serious stage of HIV infection, called AIDS.

What are HIV & AIDS?

HIV & AIDS: Basic Facts

HIV: Human Immunodeficiency Virus. AIDS: Acquired Immunodeficiency Syndrome. There is no cure for HIV, but there is treatment...

How does HIV get passed from one person to another?

HIV cannot pass through healthy, unbroken skin. Only five body fluids can contain enough HIV to infect someone: blood, semen (including pre-cum), rectal fluid, vaginal fluid and breast milk.

How does HIV get passed from one person to another?

HIV can be passed during unprotected sex (vaginal or anal sex without a condom) and from a person with HIV gets into the bloodstream of another person—through broken skin, the vaginal or anal sex...
HIV is a virus that can make you sick.

What are HIV & AIDS?

HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immunodeficiency Syndrome.

There is no cure for HIV, but there is treatment.

HIV & Sex

HIV can be passed during sexual contact.

How does HIV get passed from one person to another?

• through contact with HIV-positive blood, semen or vaginal fluids

• by sharing needles or other equipment used to inject drugs

• by shared sex toys

• through birth or breast-feeding

• by eating with someone who has HIV

• by toilet seats or water fountains

• by sharing acupuncture needles

• through sharing sex toys

• by vaginal or anal sex without a condom

• by sharing sex toys

• through sex toys

To practise safer sex...

The only way to know for sure is to be tested.

To prevent safer sex...

Safer sex also helps protect you and your partner(s) from other STIs, such as gonorrhea and syphilis.

HIV & Pregnancy

HIV can pass from a woman to her baby:

• during pregnancy

• during birth

• through breast-feeding

HIV & Blood Products

If you do not have access to a needle exchange or community health centre:

• Get new needles and supplies from your local AIDS organization.

• Use your own drug equipment (such as sharps container, drug box, syringes, needles).

• Use a clean new needle and syringe every time you use.

• Choose forms of sexual stimulation that do not require sharing sex toys between vaginal and anal use.

• Do not use oil-based lubricants. (Oil-based lubricants can weaken latex condoms.)

• Use only water-based lubricants.

HIV & Drug Use

Sharing needles and other drug equipment can cause hepatitis C damages the liver. It is passed when the HIV can only get passed when one of these fluids from a person with HIV gets into the bloodstream of another person.

If you use drugs, there are things you can do to protect yourself and others.

• Do not mix syringes or other drug equipment.

• If you use drugs, there are things you can do to protect yourself and others.

• If you use drugs, there are things you can do to protect yourself and others.

• Don’t reuse needles or other drug equipment.

• Choose forms of sexual stimulation that do not require sharing sex toys between vaginal and anal use.

• Do not use oil-based lubricants. (Oil-based lubricants can weaken latex condoms.)

• Choose forms of sexual stimulation that do not require sharing sex toys between vaginal and anal use.

• Use only water-based lubricants.

If you test positive:

Because HIV samples are anonymous, you will not know who infected you.

HIV is a virus that can make you sick.

AIDS is the last serious stage of HIV infection, called AIDS.

Anyone can be infected with HIV. There is no vaccine to prevent HIV.

There is no test to know whether you have HIV.

Protect yourself and your partner(s) from HIV and STIs.

HIV can only get passed when one of these fluids from a person with HIV gets into the bloodstream of another person.

• by having unprotected sex (vaginal or anal sex without a condom, or vaginal or anal sex with a rubber that breaks)
• by exchanging sex for money or drugs
• by sharing needles or other equipment when injecting drugs (including steroids)
• by having unprotected sex with someone who has HIV
• by sharing sex toys, and if you do, cover them between vaginal and anal use.

There is no treatment for HIV, but there is treatment.

If you are pregnant or thinking about becoming pregnant, get tested for HIV.

If you test positive:
• Share your results with a health-care provider.
• Take your results seriously.
• A positive result means that you have HIV and should get treatment to stay healthy.
• A negative result means that you do not have HIV.

You are better off knowing if you have HIV.

To prevent getting HIV:
• Use a latex or polyurethane condom correctly and every time.
• Avoid sharing sex toys, and if you do, cover them between vaginal and anal use.
• Use a condom or dental dam.
• Talk with your healthcare provider to find out more.

HIV & Pregnancy

HIV can pass from a woman to her baby:
• if the mother has HIV, even when she delivers by Caesarean section (CESA)
• if the mother has HIV and the baby is born vaginally or if the baby is breastfed
• if the mother is not on antiretroviral (ARV) drugs and delivers vaginally

HIV & Blood Products

If you test positive:
• Talk with your healthcare provider about getting tested for hepatitis C.
• Share your test results with your healthcare provider.
• HIV and hepatitis C can be treated. Talk with your healthcare provider about getting tested for hepatitis C.

HIV & Drug Use

If you test positive:
• Talk with your healthcare provider about getting tested for hepatitis C.
• Share your test results with your healthcare provider.
• HIV and hepatitis C can be treated. Talk with your healthcare provider about getting tested for hepatitis C.

HIV & the Law

There is no chance of getting HIV from blood products in Canada.

It may be able to refer you to a lawyer but it is not advocacy.

For more information on HIV and the law, see the right.
HIV is a virus that can make you sick. There is no vaccine to prevent HIV. There is no cure for HIV but there is treatment. Anyone can be infected with HIV.

What are HIV & AIDS?

HIV stands for Human Immunodeficiency Virus. AIDS stands for Acquired Immunodeficiency Syndrome. These are not the same. AIDS occurs when HIV has weakened the immune system. There are no signs or symptoms. You must get tested.

HIV & Sex

HIV can be passed during sexual activity.

How does HIV get passed from one person to another?

• by sharing needles or ink to get a tattoo
• by sharing toilet seats or water fountains
• by bed sheets or towels
• by sharing drug equipment
• by sharing sex toys
• by talking, shaking hands, working or playing
• by opening of the penis or the wet linings of the opening of another person—through broken skin, the rectal fluid, vaginal fluid and breast milk.

The two main ways that HIV can get passed between you and someone else are:

• unprotected sex
• during pregnancy and breastfeeding

How can you get HIV?

• from unprotected sex
• from sharing needles with a person who has HIV
• from a blood transfusion before HIV screening
• from a blood product, such as globulin before HIV screening
• from a mother who has HIV to her baby
• from contact with an HIV-infected person's body fluids

Who can get HIV?

• anyone who has sex
• anyone who shares drug equipment
• anyone who is born to an HIV-infected mother
• anyone who receives a blood transfusion or blood product before HIV screening

How does HIV affect your body?

HIV weakens your immune system, your body's built-in defence against disease and illness. Eventually, you can become sick with life-threatening infections. This is the most common cause of death in HIV-positive people.

• Anti-HIV drugs have to be taken every day. You must take all the medicines on your prescription. They can't stop HIV. They can't cure HIV. They can't prevent you from passing HIV to other people.

There is no cure for HIV but there is treatment.

• There is no vaccine to prevent HIV.
• Anyone can be infected with HIV.