How is HIV Transmitted?

A person can get HIV from someone who is infected with the virus. Blood, breast milk, vaginal fluids, semen and pre-cum can carry HIV.

There is no way to tell if someone has the virus just by looking at them. The only way to know for sure whether you are infected is through a blood test.

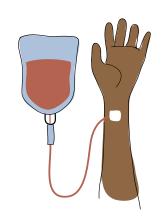
HIV can be transmitted by:



Someone who is HIVpositive and pregnant can pass the virus to their child



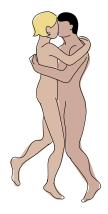
Someone who is HIV-positive and breastfeeding can pass the virus to their child



Blood transfusions



Sharing needles with someone who has HIV



Unprotected anal, oral, or vaginal sex with a person infected with HIV



Transplanted organs from infected donors

You Can't Get HIV by:



Kissing, touching or hugging



Going to a public bath or pool



Sharing a telephone



Using a public or private bathroom



An insect bite



Coughing or sneezing



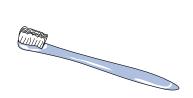
Eating foods prepared by someone who is infected with HIV



Shaking hands



Working or going to school with someone who is infected with HIV

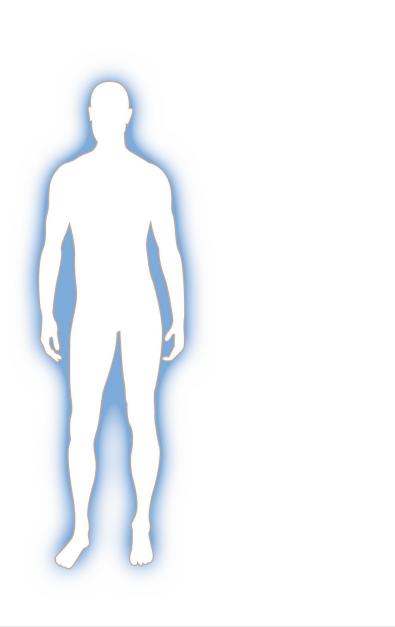


Sharing a toothbrush



Drinking from a public water fountain

Sites of Possible Infection



Notes:		