

HIV/ AIDS Message for Q2

HIV/AIDs can be spread from one person to another through the following:

HIV is spread mainly by:

1. Having unprotected sex with someone who has HIV.
2. Sharing needles, syringes, rinse water, or other equipment used to prepare injection drugs with someone who has HIV.
3. Being born to an infected mother. HIV can be passed from mother to child during pregnancy, birth, or breastfeeding.
4. Being stuck with an HIV-contaminated needle or other sharp object.
This is a risk mainly for health care workers.
5. Receiving blood transfusions, blood products, or organ/tissue transplants that are contaminated with HIV.
6. Eating food that has been pre-chewed by an HIV-infected person. The contamination occurs when infected blood from a caregiver's mouth mixes with food while chewing, and is very rare.
7. Being bitten by a person with HIV. There is no risk of transmission if the skin is not broken.
8. Oral sex
9. Contact between broken skin, wounds, or mucous membranes and HIV-infected blood or blood-contaminated body fluids.
10. Deep, open-mouth kissing if the person with HIV has sores or bleeding gums and blood is exchanged. **HIV is not spread through saliva.**