

# HIV BASICS



## WHAT DOES "HIV" STAND FOR?

HIV stands for "human immunodeficiency virus."

## HOW IS IT SPREAD?

HIV is spread during sex, but condoms can help protect you.

## WHAT HAPPENS TO YOU?

It damages your immune system, making it easier for you to get sick.

# HOW CAN I GET HIV?

Vaginal or  
anal sex



01.

02.



Sharing needles or  
syringes for shooting  
**drugs, piercings,  
tattoos, etc.**

Getting HIV-infected blood,  
semen (cum), or vaginal  
fluids into **open cuts or  
sores** on your body



03.



MYTHS

Vs

FACTS



## HIV CANNOT BE TRANSMITTED THROUGH:

- saliva (spit)
- sweat
- hugging
- holding hands
- coughing
- sneezing
- the toilet seat

