




Why are blood test so important?

It is the only way to find out if you are infected with HIV. Even if you don't have a health card, you can have this and other test done, free of charge, in the Ramón y Cajal Hospital.



Why is so much blood drawn?

When you go to the hospital, you have an AIDS test done and also a routine blood test in order to check if you have another health problem.




Doctors can draw 4 or 5 "little tubes" of blood. Why?

-  Because each tube is sent to a laboratory that studies a different thing.
-  But, don't worry! You have to know that our body produces blood again and you will have very soon the same amount of blood that you had before.
-  And be patient, as having the results could take several days.

What if I have HIV?

-  You have to avoid transmission.
-  Consult your doctor. A treatment does exist.




And remember that:

-  You can live a NORMAL life.
-  You can work.
-  You can have sexual relationships using a condom.



Hospital Ramón y Cajal

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What is AIDS?



AIDS is a disease caused by the Human Immunodeficiency Virus (HIV) that affects our immunologic system (which is in charge of protecting us from infections).



How is HIV transmitted?

1. Sexual

Penetrative sex (anal, vaginal or oral) without condom.



2. Blood

Sharing of syringes or similar objects for drug injection.



Sharing blood-stain items or sharp objects like razors blades, toothbrushes or nail clippers.

3. Mother to child

HIV can be transmitted from mother to child during pregnancy, delivery or breast-feeding.

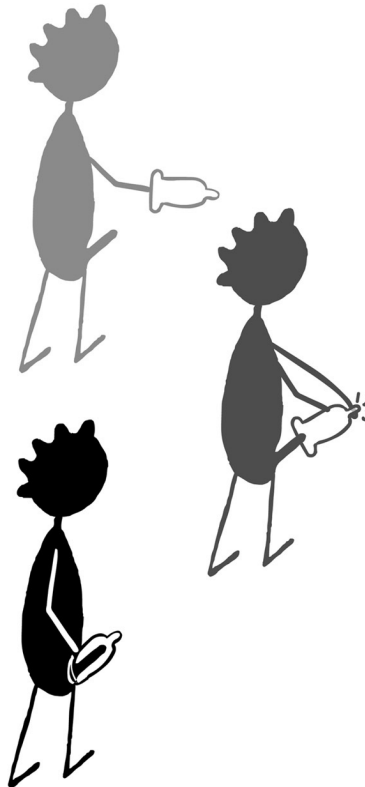
If you get pregnant, you must consult your doctor as soon as possible.



CONDOM:

THE KEY TO PREVENT HIV TRANSMISSION

You must use the condom in all the sexual relationships from the moment it starts.

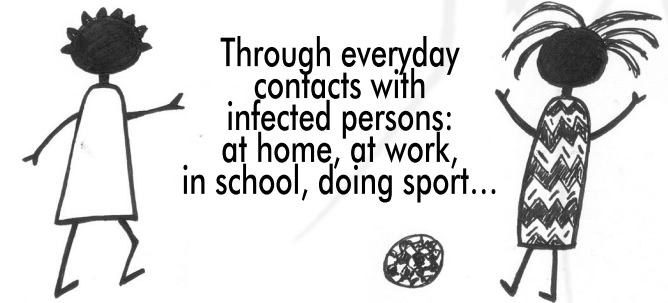


Remember: any person can be infected even without knowing it.

Furthermore, condom helps to prevent other sexually transmitted diseases.



How is HIV NOT transmitted?

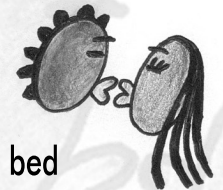


Through everyday contacts with infected persons: at home, at work, in school, doing sport...



We can also share spoons, knives and forks; we can eat from the same plate and drink from the same glass.

Saliva, sweat and tears don't transmit HIV. We can shake hands, hug or kiss each other without risk. You can also sleep in the same bed and caress each other.



HIV can not be transmitted by pets or mosquito bites.

