



AIDS  
HILFE  
WIEN



OUR SERVICES

**FOR YOUR  
SEXUAL HEALTH**

[WWW.AIDS.AT](http://WWW.AIDS.AT)



## SEXUALITY IS PART OF LIFE

For many people it is both enriching and beautiful. Sexual acts mean close physical contact, exchange of bodily fluids; viruses, bacteria or parasites can be transmitted this way.

All people who are sexually active can be affected by a sexually transmitted infection. Most infections can be asymptomatic, but fortunately are often curable or simply treatable.

Who should test themselves, how often and for what depends on their personal situation - whether condoms have been used, with which bodily fluids they have come into contact, with whom they have had sex.

There are groups of people in whom certain infections occur more often. This is due to an interplay of socio-cultural, historical, political and biological factors. Not all people from these groups are affected equally or at all.

Risks have to be assessed individually! Which tests make sense for you, we will clarify in a counselling interview.

# HIV

## DISTINCTION BETWEEN HIV AND AIDS

- HIV = Human immunodeficiency virus.  
HIV-To be HIV positive is to carry the HIV virus.
- AIDS = acquired immunodeficiency syndrome.  
In the course of an untreated infection, the human immunodeficiency virus leads to a weakening of the immune system.

## TRANSMISSION

For an HIV infection to occur, a sufficient amount of an infectious body fluid must enter the body.

## WHAT ARE CONTAGIOUS BODY FLUIDS?



- Blood
- Semen
- Vaginal secretions
- Spinal fluid and cerebrospinal fluid
- Breast milk

## HOW CAN HIV ENTER THE BODY?

Via mucous membranes, even in an uninjured state

- Anal lining
- Vaginal lining
- Glans and the inside of the foreskin
- Oral lining
- Ocular and nasal lining

Through fresh (bleeding), deep wounds - but not over superficial scratches, cracks, and closed wounds.

## WHAT ARE THE MODES OF TRANSMISSION?

### Main transmission:

- Anal intercourse without a condom
- Vaginal intercourse without a condom
- Sharing of injecting equipment during drug use

### Low-risk transmission:

- Oral intercourse with semen or blood in the mouth

### Other means of transmission:

- Mother-to-child transmission during pregnancy, childbirth, or breastfeeding.  
Due to effective HIV therapy, this transmission route can be virtually ruled out nowadays.

## WHEN IS THERE NO RISK OF INFECTION?

- Handshakes, hugs - HIV is not transmissible through social contact.
- Kissing, caressing and petting.
- Saliva, nasal secretions (when coughing/sneezing), sweat, tears, urine, and feces are not infectious body fluids
- Use of public restrooms, when visiting a sauna or indoor pool.

Furthermore, HIV cannot be passed on by HIV-positive persons undergoing successful therapy - if no virus is detectable, no transmission is possible.

## WHO SHOULD GET REGULARLY TESTED FOR HIV?

- All sexually active people
- People who use intravenous drugs, especially if needles for drug use have been shared with others.

## HIV TEST AT AIDS HILFE WIEN



Only an HIV test can provide certainty about one's own HIV status. At AIDS Hilfe Wien **all HIV tests are anonymous.**

### HIV ANTIGEN/ANTIBODY TEST

- Reliability: as of 6 weeks following the last risk.
- Discussion of findings: as of one week following blood collection.

### HIV ANTIBODY RAPID TEST

- Reliability: as of 12 weeks following the last risk. A positive test result is not a confirmed HIV diagnosis and must be verified by laboratory test.
- Discussion of findings: approx. 30 minutes after blood collection.

### HIV PCR TEST (=DIRECT VIRUS DETECTION)

- Reliability: as of 14 days following the last risk.
- 6 weeks after risk, an HIV antibody antigen test is also recommended.
- Discussion of findings: as of one week following blood collection.

## WHAT DOES LIFE WITH HIV LOOK LIKE TODAY?

Thanks to medical progress, an average life expectancy can be assumed - prerequisites for this are:

- An early diagnosis
- A timely start of therapy
- Consistent use of medication
- Regular check-ups

A healthy lifestyle can contribute a great deal to one's quality of life.



## PREVENTION / PROTECTION

### SAFE SEX

- Condoms protect during vaginal and anal sex
- Avoid semen and blood in the mouth during oral sex
- PrEP (pre-exposure prophylaxis - preventive medication usage to prevent infection)
- TasP (Treatment as Prevention - HIV-positive persons on effective therapy cannot transmit the virus).

### SAFER USE

- Use a new sterile needle for each shot
- Never use others' injecting equipment

### EMERGENCY ACTION

- PEP (post-exposure prophylaxis - medication use after high risk of HIV).

## BACTERIAL INFECTIONS

### SYPHILIS - CHLAMYDIA - GONORRHEA

For bacterial infections, condoms reduce the risk of transmission but cannot always prevent infection.

Bacteria can also be transmitted through smear infections and sexual practices such as kissing or passive oral sex.

Complaints may or may not occur in the course of an infection, so testing is the only way to gain clarity.

THE ABOVE INFECTIONS ARE  
TREATABLE AND CURABLE WITH  
ANTIBIOTICS.



## SYPHILIS

Possible symptoms

- Ulcers
- Skin rash
- Swollen lymph nodes

### SYPHILIS TEST AT AIDS HILFE WIEN



- Reliability: as of 3 weeks following last sexual contact.

IF YOU HAVE HAD SYPHILIS BEFORE,  
PLEASE LET US KNOW IN THE  
INTERVIEW REGARDING THE TEST!

- Discussion of results: as of one week following blood collection

## CHLAMYDIA

Possible symptoms

- Clear discharge
- Burning during urination
- Pain in the lower abdomen
- Symptoms of sore throat in case of infection in the throat
- Pain during bowel movements and/or Bloody mucus in stool if infection is in the rectum

## GONORRHOE (CLAP)

Possible symptoms

- Pus-like discharge
- Frequent urge to urinate
- Burning sensation when urinating
- Symptoms of sore throat in case of infection in the throat
- Pain during bowel movements and/or bloody mucus in the stool in case of infection in the rectum

AN UNTREATED INFECTION WITH CHLAMYDIA OR GONORRHEA CAN LEAD TO INFERTILITY OR INFLAMMATION OF THE INTERNAL GENITAL ORGANS, AMONG OTHER AILMENTS.



## CHLAMYDIEN & GONORRHOE TEST AT AIDS HILFE WIEN



- Reliability: as of 3 weeks following last sexual contact

THIS TEST IS A SELF-SMEAR (SWAB OF THE ORAL, VAGINAL, ANAL LINING AS WELL AS URINE SAMPLE) FOR CHLAMYDIA AND GONORRHEA.

- Discussion of findings: as of one week following smear test.

## HEPATITIS

Hepatitis viruses can cause inflammation and damage to the liver. Vaccination against hepatitis A+B protects against infection.

### HEPATITIS A

Transmitted fecal-orally through contaminated drinking water, uncooked food, or rimming. Hepatitis A infections heal independently and lead to lifelong immunity.

### HEPATITIS B

Approximately 90-95% of hepatitis B infections heal on their own. Thereafter, lifelong immunity is attained. For chronic cases, there are treatment options to suppress the viral load.

## WHAT ARE INFECTIOUS BODY FLUIDS?



- Blood
- Semen
- Vaginal secretions
- Saliva and urine

## PREVENTION / PROTECTION

- Vaccination protects against infection
- Vaccination protection can be checked by measuring the antibody titer

### HEPATITIS C

Approximately 15% of hepatitis C infections heal on their own. Thereafter, there is NO lifelong immunity. For chronic cases there are new treatment options with almost 100% chance of cure.



## WHAT ARE INFECTIOUS BODY FLUIDS?



- Only blood

Hepatitis C transmission is unlikely during sexual contact (exception: fisting). There is a risk of infection during drug use, especially when sharing injecting equipment but also when sharing a sniff bottle.

## PREVENTION / PROTECTION

### SAFE SEX

- Safe sex (condom use during vaginal and anal intercourse, gloves when fisting).

### SAFE USE

- never share injecting equipment and sniff bottles.

### DISPOSABLE GLOVES FOR FIRST AID!

## HEPATITIS B/C TESTS AT AIDS HILFE WIEN



- Reliability: as of 6 months following the last risk.
- Discussion of findings: as of one week following blood collection

### ADDITIONAL TEST:

- by measuring the antibody titer for hepatitis B (vaccination control).



If you want to learn more about sexual health get in touch with us! We will inform and advise you. Completely free of charge, if you wish anonymously.

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