

# How to use a condom?

1. Open the package of condom at the time you are ready to use it. Be careful not to tear it or damage it in any way. Do not use it if it is torn. The package should be kept cool and dry.

2. Place the rolled up condom, right side up, on the end of the penis. Hold the tip of the condom between your thumb and first finger to squeeze the air out of the tip.

3. Hold the top of the condom with one hand and unroll the condom on the erected penis towards the pubic hair. Uncircumcised men should pull back the foreskin before unrolling the condom. Do not use oil-based lubricants. They can damage the condom.

4. After sex and after the man ejaculates the condom should be held on to at the base and make sure that it does not slip off. The man should pull out while the penis is still erect. Throw away the condom. Do not use it again.

## Important!

If you think that you have exposed yourself to HIV, do not hesitate to take an HIV test. If the virus is discovered at an early stage the treatment can be very effective and you will prevent the spread of the virus to other people.

The test is anonymous according to the law - your results can not be shown to other people or any organisation/institution and in most countries it is done free of charge



# NOT PEOPLE WITH AIDS

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## What is **HIV** – **H**uman **I**mmunodeficiency **V**irus?

HIV is a retrovirus that infects cells of the human immune system and destroys or weakens their function.

HIV cannot be discovered like any other illness. The symptoms do not develop immediately after the infection

- Fever
- Rash
- Joint pains and enlarged lymph nodes

There are many kinds of the HIV virus and the organism reacts to different viruses in different ways. The treatment depends on the type of the virus and for the persons infected with more than one type of virus it is harder to treat the disease.

## What is **AIDS** – **A**cquired **I**mmuno **D**eficiency **S**ndrome?

AIDS is the collection of symptoms and infections associated with acquired weakness of the immune system. The term AIDS applies to the most advanced stages of HIV infection.

The majority of HIV infected people develop AIDS within 8-10 years, if they don't get treatment. For healthy people the process can take even longer.

## How is HIV transmitted?

HIV is to be found in body fluids such as blood, semen, vaginal fluids and breast milk. In other environments – on open air or in water – the virus is destroyed almost immediately. It does not survive in the body of a mosquito.

Most transmitted people have been infected by HIV

through unprotected penetrative sex. There is a higher risk to be infected through anal sex than any other kind of sex. Women are more exposed to infection through vaginal sex.

Another way of transmission of the virus is from mother to child either during pregnancy, during labour or through breast feeding. Blood transfusion or sharing of needles and syringes are also ways to transmit the virus.

## Can HIV/AIDS be treated?

HIV/AIDS is deadly and cannot be cured. However, the progression of the disease can be slowed down by antiretroviral drugs (ARVs). Antiretroviral drugs work against HIV infection itself by slowing down the reproduction of HIV in the body. The most effective treatment today consists of a combination of voluntary counselling and testing, support of the prevention of onward transmission of HIV, follow-up counselling, advice on food and nutrition, management of nutritional effects, prevention and treatment of opportunistic infections and the provision of antiretroviral drugs. Unfortunately, antiretroviral drugs are expensive and in many countries not accessible.

## Fight HIV/AIDS through prevention and knowledge

The condom is proven to be the most effective way to prevent sexual transmission of HIV and other sexual transmitted diseases for both men and women. The condom prevents pregnancy in 99% of the cases.

### The simplest ways to prevent HIV is:

- Correct use of female and male condoms
- Monogamous sexual relations between uninfected partners
- Abstinence
- HIV testing to prevent spread to other people

## What is not true about HIV and AIDS?

- Men can not be cured from HIV/AIDS by having sex with a virgin
- Kissing on the mouth carries a very low risk to be infected
- It is not safe for two HIV-infected individuals to have unprotected sex with each other. The risk of being re-infected with another kind of HIV is high
- There is no evidence that HIV can be transmitted while playing sports or swimming in the swimming pool
- There is no evidence that HIV can be transmitted through mosquito bite
- HIV is not transmitted through casual contact in daily life such as shaking hands, hugging someone, using the same toilet or drinking from the same glass as an infected person or even being exposed to coughing or sneezing by an infected person
- HIV or AIDS does not show physically on a person from outside
- Antiretroviral treatment does not prevent an infected person from passing on the virus to others
- Male condoms are also for women to use. A woman that is carrying a condom in her purse is not showing her high promiscuity or low moral but her high intelligence and care for the lives and safety of herself and of others