

**Aids Hilfe Wien**  
Mariahilfer Gürtel 4  
1060 Wien

Reachable with underground U6

(Station Gumpendorfer Straße), tramline 6, 18 or by bus 57A

Opening hours of the counseling office:

Monday, Wednesday 4.00 pm-8.00 pm

Thursday 9.00 am-1.00 pm

Friday 2.00 pm-6.00 pm

Further information:

Internet: [www.aids.at](http://www.aids.at)

Phone: 01 599 37

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## HOW CAN YOU RECOGNIZE AN HIV-INFECTION?

You cannot find out if someone is HIV positive by looking at the person. Between the point of time of infection and the onset of AIDS some years can pass by. Without an HIV test, the infection remains undetected, as there are hardly any symptoms. Therefore, the only way to find out if you are infected is by being tested.

The easiest way is to be tested at Aids Hilfe Wien. We take all the time it needs to answer your questions. The HIV-test is free of charge and anonymous, so you don't have to provide your name. As there are different tests available, we will consult you, which test suits you best. In any case, a small amount of blood will be taken. Depending on the test, you will get the result immediately or after a week. Please notice that the earliest time to get a reliable test result is six weeks after a risk situation.

## WHAT TO DO IN A CASE OF A POSITIVE RESULT

If you are tested HIV positive, it is really important that you see a doctor. At Aids Hilfe Wien we are happy to recommend a HIV specialist for you. The earlier an HIV infection is diagnosed the better it can be treated with a medical therapy and AIDS can be prevented.

If you don't have health insurance Aids Hilfe Wien can support you on further steps.

An HIV infection does not affect the residency status. As it does not mean that you have to leave Austria. Nowadays, it is possible for HIV positive people to work in almost all occupations.

ENGLISH



**WE TALK ABOUT IT**  
INFORMATION ABOUT  
HIV UND AIDS

[www.aids.at](http://www.aids.at)



## WE TALK ABOUT HIV AND AIDS

Many people find it difficult to talk about HIV and AIDS because the topic is often taboo and can make people feel anxious. We are going to talk about it anyway, in order to provide you with information. It may then be easier for you to talk about protection against HIV, for example with your partner, family or physician.

This flyer provides the most important information about how the virus is transmitted, how you can protect yourself, the HIV test, and about living with HIV in Austria.

Do you have more questions? We are happy to advise you! Phone number 01 599 37 (or see last page).

## WHAT IS HIV AND WHAT IS AIDS?

HIV is a virus. It weakens the immune system, which is essential for the body to fight all kinds of diseases. After several years of infection (when left untreated) the immune system can't work properly anymore and the body won't have protection against other diseases or infections. This situation is called AIDS. If the HIV-infection remains untreated, it is also more probable to pass the virus to others.

Therefore it is important to be tested and in case of an infection to start treatment. The therapy not only assures your health but also prohibits the transmission of the virus.

## HOW IS HIV TRANSMITTED

HIV transmission can happen through:

- vaginal or anal intercourse without a condom
- oral sex, if semen or menstrual blood get into the mouth
- drug use, if syringes and needles are shared
- mother-to-child transmission, if no measures are taken.

HIV is not easily transmitted, so there is no risk of infection in everyday life. You can quite happily live and work with other people, shake hands with them, hug them and kiss them, use the same toilets, baths and saunas, eat from the same plate, drink from the same glass, and use the same cutlery. HIV is not transmitted through the air, through saliva, tears, sweat, urine, faeces or via insect bites or animals.

## HOW CAN YOU PROTECT YOURSELF AND OTHERS?

- Use condoms for vaginal and anal intercourse. They provide protection from HIV and reduce the risk of contracting other sexually transmitted infections.
- Take care not to get blood or semen into the mouth.
- When injecting drugs, only use your own injecting equipment, and do not pass used syringes on to others.
- Pregnant women with HIV or HIV positive women with the wish to have children can prevent transmitting the virus to their baby by seeking for counseling and care from HIV specialists before and during pregnancy and by taking prescribed medication and avoid breastfeeding.