

## AIDS Information Sheets

### *What does HIV and AIDS stand for?*

HIV stands for Human Immunodeficiency Virus  
AIDS stands for Acquired Immuno Deficiency Syndrome.

### *How do you get HIV / AIDS?*

HIV and AIDS are most commonly transmitted via unprotected sexual intercourse. They can also be transmitted in contaminated blood, bodily fluids, syringes and needles and equipment that is used for tattooing or piercing.

### *Can I be vaccinated against HIV / AIDS?*

There is no vaccine available to prevent these diseases.

### *Can I still travel if I have HIV / AIDS?*

Yes. Although it is strongly advised that travelers seek expert medical advice prior to departure. Due to the nature of these two diseases there are some vaccinations that simply cannot be given to this group of travelers, for example the oral polio vaccine and the BCG vaccine for tuberculosis.

### *How can I avoid coming into contact with HIV / AIDS?*

It is recommended that travelers avoid casual sex. The use of condoms is recommended. Travelers should also avoid sharing needles and / or syringes or tattooing or piercing equipment. Travelers should also be aware that acupuncture equipment, if not properly sterilised could transmit HIV and / or AIDS.

### *What do I do if I come into contact with another person's blood?*

It is highly unlikely that a traveler will come into contact with another person's blood or bodily fluids. However, if blood or bodily fluids comes into contact with broken skin;

1. Allow your wound to bleed freely.
2. Wash the surrounding skin and the wound immediately. Use soap and warm water.
3. Disinfect the wound and surrounding skin with alcohol 70% for 3 minutes.
4. Try to ascertain whether the offending person has AIDS (or hepatitis).

Medical treatment should be sought immediately after the above steps have been taken.

If contact is made with someone else's blood or bodily fluids and your skin is intact, you should not be concerned.