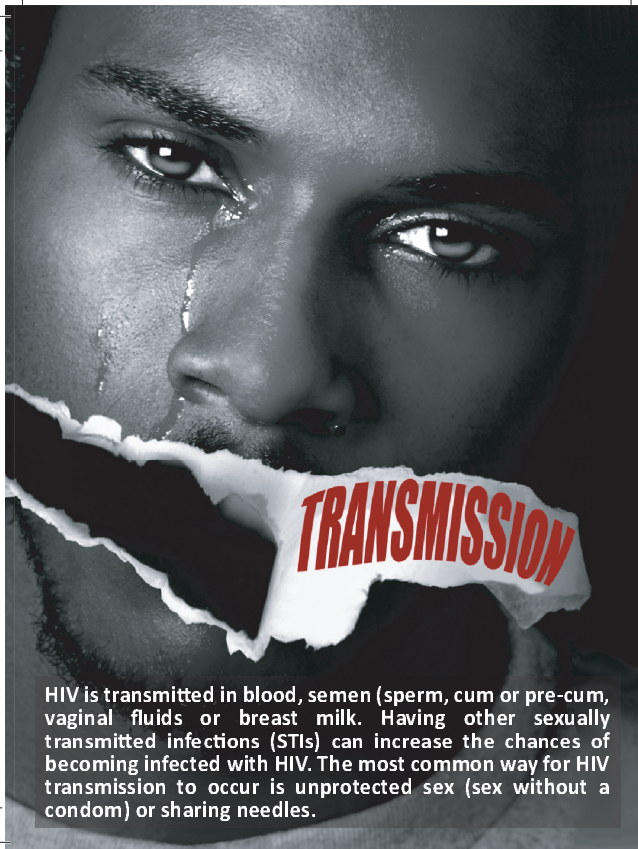
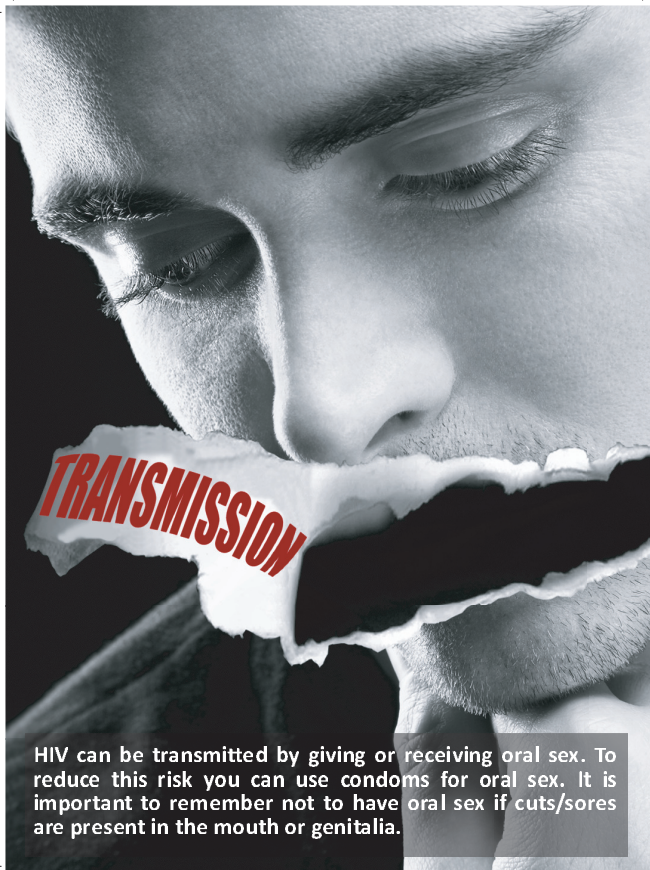


DON'T **THINK**... **KNOW**!  
**HIV** INFORMATION



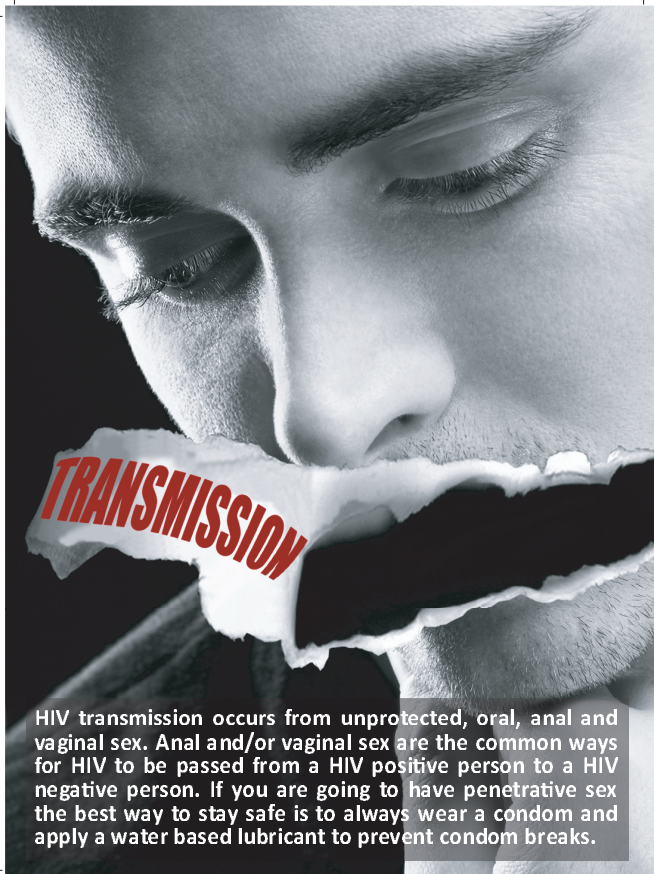
HIV is transmitted in blood, semen (sperm, cum or pre-cum, vaginal fluids or breast milk. Having other sexually transmitted infections (STIs) can increase the chances of becoming infected with HIV. The most common way for HIV transmission to occur is unprotected sex (sex without a condom) or sharing needles.





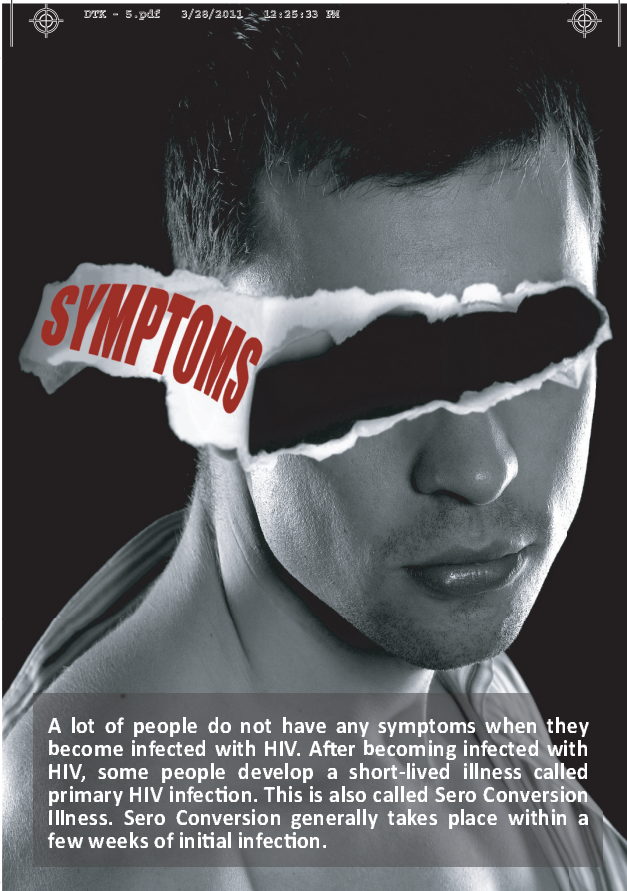
HIV can be transmitted by giving or receiving oral sex. To reduce this risk you can use condoms for oral sex. It is important to remember not to have oral sex if cuts/sores are present in the mouth or genitalia.





HIV transmission occurs from unprotected, oral, anal and vaginal sex. Anal and/or vaginal sex are the common ways for HIV to be passed from a HIV positive person to a HIV negative person. If you are going to have penetrative sex the best way to stay safe is to always wear a condom and apply a water based lubricant to prevent condom breaks.





**SYMPTOMS**



A lot of people do not have any symptoms when they become infected with HIV. After becoming infected with HIV, some people develop a short-lived illness called primary HIV infection. This is also called Sero Conversion illness. Sero Conversion generally takes place within a few weeks of initial infection.






# SYMPTOMS

The symptoms of Sero Conversion Illness are like those of flu, and usually include:

- Fever
- Aches in the joints and muscles
- Fatigue
- Headache
- Swollen glands , often in the groin
- Sore throat
- Nausea
- Diarrhoea.



**SYMPTOMS**

**If you develop these symptoms and realise that you have been at risk of HIV infection recently, it is important to have an HIV test. Remember also if you have put yourself at risk you may not develop any of the above symptoms. The only way to know for sure if you have HIV is to go for a HIV test.**

To find out more about **HIV** and other **STI's**  
Please visit [www.rainbow-project.org](http://www.rainbow-project.org)

**The Rainbow Project  
Belfast LGBT Centre**

**1st floor**

**9-13 Waring Street**

**Belfast**

**BT1 2DX**

**T: (028) 9031 9030**

**E: [info@rainbow-project.org](mailto:info@rainbow-project.org)**

The Rainbow Project has launched a new 1 hour HIV testing service for gay and bisexual men. The service is available on Monday and Wednesday mornings and is by appointment only. To book an appointment please contact 028 9031 9030 or for further information visit [www.rainbow-project.org](http://www.rainbow-project.org)

the  
rainbow



project

**DON'T THINK... KNOW!**

Designed by Francisco