

What does HIV risk mean?

HIV is almost always transmitted during unprotected anal or vaginal sex. Drug use with syringes or spoons that are shared also carries a risk of HIV. With oral sex, however, there is virtually no risk of HIV.

Safer sex is:

- Anal or vaginal sex when using a condom
- Anal or vaginal sex when using PrEP
- Anal or vaginal sex with a person who has HIV and is undergoing effective treatment
- Exclusive relationship with test and arrangement

After potential exposure: PEP

Act fast! PEP emergency treatment for HIV is available after unprotected anal or vaginal sex. To be effective, the treatment must be provided within a matter of hours. More on drgay.ch/pep

Take an HIV test regularly!

An HIV test gives you clarity about your status. That is why we recommend an HIV test once to four times a year and after every exposure. Options for testing can be found at drgay.ch/testing

- HIV is almost always transmitted by persons who falsely assume that they are HIV-negative.
- Sometimes protection against HIV fails – because you forget to take PrEP or the condom breaks.
- HIV can be treated well today with medication. People with HIV can live full lives without restrictions.

HIV primary infection

Flulike symptoms sometimes occur at the beginning of an HIV infection. These can appear weeks after an HIV infection. If you suspect a primary infection, contact a sexual health clinic as soon as possible.

HIV

Choose your protection

More on drgay.ch/hiv



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CHECKPOINT

Dr. Gay

YOUR OPTIONS FOR PROTECTION

Condoms

Using a condom during anal and vaginal sex means you are protected against HIV and practise safer sex.

- Condoms protect against HIV if they are used correctly. [More on drgay.ch/condom](https://drgay.ch/condom)
- Condoms do not provide reliable protection against other sexually transmitted infections (STIs). We recommend vaccinations and regular tests. [More on drgay.ch/sti](https://drgay.ch/sti)

Untransmittable

People living with HIV who are on successful treatment do not pass on HIV during anal and vaginal sex. Condoms or PrEP do not have to be used to protect against HIV. [More on drgay.ch/uu](https://drgay.ch/uu)

HIV medication does not protect against other STIs. This is why vaccinations and regular testing are recommended.

PrEP

Taking medication to protect yourself against HIV is known as PrEP (pre-exposure prophylaxis). If you take PrEP as prescribed, you will be protected against HIV during anal and vaginal sex even when not using a condom and you practise safer sex.

Taking PrEP is medically monitored. Before starting, it must be verified that you are HIV-negative and that your values do not speak against taking PrEP. [More on drgay.ch/prep](https://drgay.ch/prep)

- It has been scientifically proven that PrEP prevents the transmission of HIV as safely as a condom.
- PrEP does not protect against other STIs. This is why vaccinations and regular testing are recommended.

No anal or vaginal sex

Kissing, licking, oral sex or masturbating are sex practices through which HIV is virtually impossible to transmit. If there is no anal or vaginal sex or intravenous drug use with shared utensils, there is generally no risk of HIV.

Other STIs can still be transmitted. There is no reliable protection against that. This is why vaccinations and regular testing are recommended.

Sexually exclusive

If you and your partner have sex only with each other and you are both HIV-negative, an infection with HIV is impossible.

It is important to regularly talk about your arrangement and to be honest. Centres for sexual health can provide information and counselling: drgay.ch/contact