

Noaks Ark

Noaks Ark is a national HIV organisation. We provide support for people who are HIV positive and their loved ones. We also focus on HIV prevention in order to halt the spread of HIV. You are very welcome to contact us.

Do you have questions about HIV?

Call Noaks Ark Direkt on 020-78 44 40
www.noaksark.org

Find Noaks Ark

Luleå tel. 0920-23 06 50
Umeå tel. 076-776 18 88
Gävle tel. 026-18 33 01
Stockholm tel. 08-700 46 00
Norrköping tel. 070-444 58 43
Växjö tel. 0470-193 81
Helsingborg tel. 042-24 31 00
Malmö tel. 040-611 52 15

www.noaksark.org

How do you know if you have HIV?

The only way of finding out whether you have HIV is to take an HIV test. This is free of charge and can be done anonymously. Tests can be carried out at infection clinics, sexual health clinics, youth clinics, dermatology clinics, GUM clinics, or at your gynaecologist or midwife.

Find your HIV test clinic

www.hivtest.nu

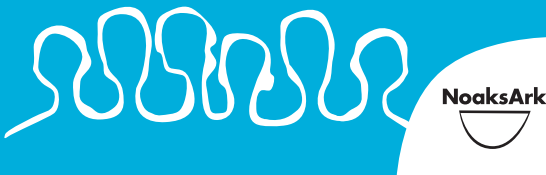
HIV testing at Noaks Ark Stockholm

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What is HIV?

HIV is a virus that destroys the body's defences against disease. There is no cure and there is no vaccine to protect against it, though there are medicines that slow the HIV infection's development. The medicines do not take away the HIV infection, but allow a person to live with it. An untreated HIV infection is life threatening, therefore it is important to get tested.

HIV is nothing shameful. It can affect anyone, wherever they come from, regardless of sex, age or sexual orientation.

How is HIV transmitted?

- Through unprotected sex (oral, anal, vaginal) with a person who has HIV.
- If you share syringes with someone who has HIV, or if HIV-infected blood enters your body.
- A mother with HIV can infect her child during pregnancy, birth or breastfeeding.

How isn't HIV transmitted?

- HIV cannot be caught through the skin, by touching, stroking or kissing.
- You cannot be infected via objects, food or drink.
- HIV is not infectious via insects or animals.

You can spend time with a person who has HIV without any risk of becoming infected. You can hug and kiss, drink from the same glass, sleep in the same bed and touch each other without getting HIV.

How can you protect yourself from HIV?

- A condom provides protection from HIV if it stays on throughout intercourse, from when the penis enters the vagina, mouth or anus.
- Use an oral dam when you have oral sex with a woman.
- Never share syringes with anyone.