



Have questions  
about YOUR  
SEXUAL  
HEALTH ?

ANGLAIS

Information to  
help you with it



**The Human Immunodeficiency Virus (HIV)** is a Sexually Transmitted Infection (STI) that attacks the immune system and weakens the body against diseases. When HIV enters the body, one becomes seropositive. If the virus has entered a person's body and they do not take medication, they become ill. This disease is called AIDS (Acquired Immunodeficiency Syndrome). Most often, the virus is transmitted during unprotected sexual intercourse and/or through blood.

HIV-  
AIDS



*It is important to learn about the disease and its effects and to protect yourself and others by using a condom.*



# CONDOMS



Using condoms provides protection against HIV and other STIs, as well as against unwanted pregnancy. It is recommended to use them with each new partner until both get tested.



*It is possible to obtain condoms for free from associations, screening centers, or pharmacies.*



# SCREENING

**Testing is the way to know if you have HIV.** To get a free test, go to a CeGIDD, an association, or medical analysis laboratories (VIHTest). VIHTest is for people with health insurance, including those on temporary stays and asylum seekers with AME, PUMA, CMU-C.



Some facilities also offer self-tests to be done individually.

## In case of risk exposure

PrEP

Before



After

PEP

PrEP (Pre-exposure prophylaxis) is a preventive treatment, meaning it should be taken before sexual intercourse. It is recommended when there are multiple partners or when using a condom is not always possible. To learn more, you can inquire at a CeGIDD, with your doctor, or through an association.

If you have had a risky sexual encounter, there is an emergency treatment called PEP (Post-Exposure Prophylaxis). It lasts for 4 weeks. To benefit from it, go to the emergency room of the hospital or to a CeGIDD within a maximum of 48 hours, and if possible with your partner.



# TasP

Antiretroviral treatment given to people living with HIV makes the virus disappear from the blood. This is called undetectable viral load.

After 6 months of treatment and no other STIs, the transmission of the virus is nearly impossible.

But it's important to continue the treatment, as the virus is still present in the body.



# STI

Vaccines exist for some STIs: hepatitis B and papillomavirus.

STIs are transmitted during sexual intercourse, vaginal and anal penetrations, and mouth/sex/anus contact.

If you have burning, itching, or discharge, consult a healthcare professional or go to a free information, screening, and diagnostic center (CeGIDD).

Even without symptoms, it is essential to get tested and inform your partner or partners, as untreated STIs can lead to complications.



Testing Sites Map

# COREVIH

*Nouvelle-Aquitaine*

COORDONNER ET AGIR ENSEMBLE  
EN SANTÉ SEXUELLE

For more information :

[www.corevih-na.fr](http://www.corevih-na.fr)

The COREVIH Nouvelle-Aquitaine sincerely thanks the association Objectif Sida Zéro - Nice Alpes-Maritimes for its kind permission to use the content of its leaflet, which we have drawn heavily upon.