

How HIV Is Spread

HIV is spread—

- By having vaginal, oral or anal sex with someone who has HIV.
- By having blood-to-blood contact with someone who has HIV.
- By sharing needles or syringes with someone who has HIV.
- During pregnancy, birth or breast feeding from a mother who has HIV to her baby.

Body fluids that transmit HIV are—

- Semen
- Blood
- Vaginal fluids
- Breast milk
- Other body fluids containing blood

Stopping the Spread of HIV

People can choose **not** to have sex.

