

**HIV infection** is a disease caused by being infected with the human immunodeficiency virus. It destroys the immune system that protects your body against disease.

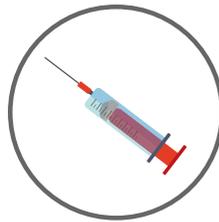
HIV infection is a serious condition and can be fatal without regularly taking prescribed medicines. If left untreated, HIV infection can develop in just a few years into AIDS – acquired immunodeficiency syndrome – making it hard for the body to fight diseases which a person without AIDS can easily cope with.



Migration leads to changes in lifestyle which can increase the risk of contracting HIV, so it is particularly important to protect your health.

## HOW CAN HIV BE TRANSMITTED?

- During sexual intercourse without a condom (regardless of the partner's gender, ethnicity and marital status)



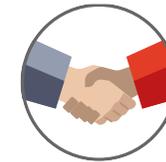
- When the blood of an HIV-infected person enters the body of another person, e.g. during injections with non-sterile equipment such as shooting drugs

- A woman with HIV can give the virus to her baby during pregnancy, childbirth or breast-feeding



## HIV IS NOT TRANSMITTED:

- through handshakes, hugs and kisses
- through coughing and sneezing
- through sharing utensils, towels or bed-clothes
- through using the toilet, shower or bath
- through exercising together
- through insect and animal bites.



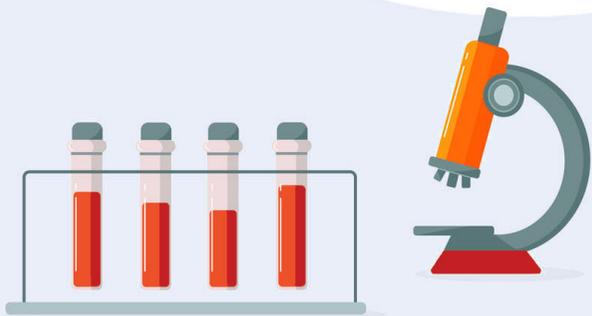
## HOW CAN YOU PROTECT YOURSELF FROM HIV?

- Always use condoms during sex with any partner
- Make sure you receive any injections only in healthcare settings with sterile equipment
- Avoid contact with other people's blood
- Never use other people's razors, toothbrushes and other personal hygiene items and never share yours with other people



To live legally in Russia, a foreigner must undergo medical tests, including an HIV test. A foreigner who tests positive for HIV will not be allowed to stay legally in Russia.

It is a good idea to get tested for HIV regularly, at least once a year, so that you can start treatment promptly and stay healthy should you have HIV. By taking HIV medications, a person can stay healthy and able to work, and avoid giving the virus to others.



**You can get tested  
anonymously without giving  
your name.**

**Learn how to do this by calling:**

**+7 967 079-71-45**

**+7 915 452-83-92**

**+7 910 000-55-18**

## **“Step towards Health”**

You can get your questions about HIV answered, learn how to protect yourself, and get a free HIV test:



# **HOW TO PROTECT YOURSELF FROM HIV?**