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# HIV MYTHS AND TRUTHS

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**MYTH** You can catch HIV through kissing, hugging or shaking hands.

**THE TRUTH** You can't. The fact is, saliva, sweat and urine do not contain high enough levels of HIV for the virus to be passed on.

**MYTH** Someone who is HIV positive cannot have a baby.

**THE TRUTH** There are steps that both partners can take to prevent transmission of HIV during conception. And provided medical advice is followed, there's less than a one per cent chance that an HIV positive woman's baby is born with HIV.

**MYTH** If you get HIV you'll die soon.

**THE TRUTH** HIV medications mean that a person with HIV can have a near normal life expectancy, especially if they are diagnosed very soon after infection.

**MYTH** There is a cure for HIV.

**THE TRUTH** Sadly, there's no medication that can cure HIV. And scientists believe a cure could be more than 10 years away.

**MYTH** You can get HIV from someone who spits at or bites you.

**THE TRUTH** You can't. Saliva doesn't contain high enough levels of HIV for the virus to be passed on.

**MYTH** You'll get HIV if someone who's HIV positive cuts themselves.

**THE TRUTH** This could only happen if their blood enters your bloodstream through an open wound. And once the virus is outside the body, it doesn't survive long.

**MYTH** Only gay men and people from Africa get HIV.

**THE TRUTH** Anyone who has unprotected sex or shares drug-injecting equipment is at risk of contracting the virus.

