

# You can't tell if someone is infected with HIV

It can go unnoticed for years until the immune system is so weakened by the virus that one becomes ill with AIDS. HIV ~~infection~~ is not curable, but it is **very treatable**. The earlier an HIV diagnosis is made, the better it is for your health.

## So that HIV does not become AIDS.

Today, the virus can be treated so well that you can live with it - the treatment is so effective that you never get AIDS at all.

That's why it's so important to get tested regularly – here are some **very good reasons to get tested for HIV:**

- The test provides you clarity – do I have HIV or not?
- If you know that you have HIV, you can **protect other people from infection**. HIV-positive people who take HIV medication cannot pass on the virus during sex. Also, during pregnancy and childbirth, the risk of passing the infection to the baby is minimal.
- HIV is highly treatable – a diagnosis followed by treatment will protect your health and allow you to live a good, long life.
- HIV tests are easy to do, you can get tested anonymously and free of charge at AIDS Hilfe centers.

For questions about HIV, HIV testing, living with HIV, and questions about PREP and PEP, contact your nearest AIDS Hilfe center.

On the next page you will find all addresses of AIDS Hilfe centers in Austria.

**We provide advice anonymously and for free.**

ich fände counselling besser als advice

### Aids Hilfe Wien

(Wien, Niederösterreich, Burgenland)  
Mariahilfer Gürtel 4  
1060 Wien  
01/599 37-0  
office@aids-hilfe-wien.at  
www.aids.at



### aidsHilfe Kärnten

Bahnhofstraße 22/1  
9020 Klagenfurt  
0463/551 28  
kaernten@hiv.at  
www.hiv.at



### AidsHilfe Oberösterreich

Blütenstraße 15/2  
4040 Linz  
0732/2170  
office@aidshilfe-ooe.at  
www.aidshilfe-ooe.at



### Aidshilfe Salzburg

Innsbrucker Bundesstraße 47  
5020 Salzburg  
0662/881 488  
salzburg@aidshilfen.at  
www.aidshilfe-salzburg.at



### AIDS-Hilfe Steiermark

Hans-Sachs-Gasse 3  
8010 Graz  
0316/815 050  
steirische@aids-hilfe.at  
www.aids-hilfe.at



### AIDS-Hilfe Tirol

Kaiser-Josef-Straße 13  
6020 Innsbruck  
0512/563 621  
office@aidshilfe-tirol.at  
www.aidshilfe-tirol.at



### Aidshilfe Vorarlberg

Kaspar-Hagen-Straße 5  
6900 Bregenz  
05574/465 26  
contact@aidshilfe-vorarlberg.at  
www.aidshilfe-vorarlberg.at



### More information:

At [suchthilfekompass.goeg.at/presentation](http://suchthilfekompass.goeg.at/presentation) you will find all addiction and drug counselling facilities in Austria.



### Sucht- und Drogenkoordination Wien

Modecenterstraße 14/Block A/2. Stock, 1030 Wien  
office@sd-wien.at  
www.sdw.wien



### Österreichische Ärztekammer

Weihburggasse 10–12, 1010 Wien  
post@aerztekammer.at  
www.aerztekammer.at



### Österreichische AIDS Gesellschaft (ÖAG)

Bernardgasse 28/12, 1070 Wien  
info@aidsgesellschaft.at  
www.aidsgesellschaft.info



### Österreichische Gesellschaft niedergelassener Ärzte zur Betreuung HIV-Infizierter (ÖGNÄ-HIV)

Zimmermannplatz 1, 1090 Wien  
info@oegnae-hiv.at  
www.oegnae-hiv.at

## #EINFACHTESTEN

an information campaign by AIDS Hilfe Vienna  
Info at [www.aids.at/einfachtesten](http://www.aids.at/einfachtesten)



[WWW.AIDS.AT/einfachtesten](http://WWW.AIDS.AT/einfachtesten)

” Of course I'll take an HIV test!



“ And you?  
— Felix, 34

## #EINFACHTESTEN

A test is easy and provides you clarity so that HIV does not become AIDS.



## What is HIV actually? What is AIDS?

HIV is a virus that compromises the immune system. You need a good immune system to stay healthy. Some time after infection the immune system can become severely weakened. This can lead to serious diseases. This is what is known as AIDS.

## How does infection occur?

HIV is transmitted mostly via sex without a condom. It is also very easy for you to become infected when sharing utensils for drug use (e.g.: syringes, spoons, filters, swabs, etc.).

## How can you protect yourself?

### During sex:

- Protect yourself with condoms.
- You can get them free of charge at many counseling centers, for example, at the AIDS Hilfe center or in addiction and drug assistance centers.
- You can also buy condoms in supermarkets, drugstores and pharmacies.

### When taking drugs:

- Use only your own utensils for drug use.
- Do not share syringes, vials, filters, swabs, etc.
- Use the free syringe exchange offers or syringe machines. Information is available at your AIDS Hilfe center and at all addiction and drug counseling centers.
- Of course, you can also buy syringes, needles, etc. at the pharmacy.
- In Vienna, you can also exchange syringes at facilities for the homeless and in some pharmacies.

## Safer Use Rules

here is a summary of the most important facts:

### General:

- Inform yourself about the substance.
- Dose carefully.
- Avoid mixing.
- Pay attention to hygiene (sterile materials, hand washing, clean surfaces, etc.).
- Make sure someone is there to help you if necessary.
- Take consumption breaks.

### Snorting and smoking:

- Always use your own vial.
- Make sure that the vial is clean and has no sharp edges.
- Always use only your own pipe.

### Intravenous consumption:

- Always use your own sterile syringes and clean, if possible, sterile accessories (spoons, filters, water, etc.).
- Dispose of used syringes and accessories safely. Do not reuse or pass them on.

### Find out

**...about substance warnings at drug checking sites and/or get your substances tested. This is currently possible in Vienna and Innsbruck:**

**checkit!** - Information Center for Recreational Drugs ([www.checkyourdrugs.at](http://www.checkyourdrugs.at))

**Z6 Drogenarbeit**  
([www.drogenarbeitz6.at](http://www.drogenarbeitz6.at))

## Safe Sex Rules

here is a summary of the most important facts:

- **If you have sex with multiple partners:** Get tested regularly for sexually transmitted diseases!
- **During vaginal and anal sex:** Always use branded condoms – **pay attention to the expiration date!** Use each condom only once and use lubricant if necessary.
- **When sucking/licking: don't let sperm or blood get into your mouth!** Tip: Use condoms or lick wipes (or cling film instead).
- **When fisting and fingering:** use disposable gloves!
- **Sex and substance use:** When high, you may do things or have things done to you that you don't really want to do. When consuming, make sure that you do not (completely) lose control.
- **With any sexual practice, yes means yes and no means no** – for you and for others.
- There is also medication that can protect you from HIV infection, HIV PrEP (pre-exposure prophylaxis). This medication only protects you from HIV and not from other diseases.

However, this medication is not covered by your health insurance. You must pay for it yourself. Contact AIDS-Hilfe for more information.

## I might be infected. What should I do?

- Act right away!
- With PEP (post-exposure prophylaxis) – these are HIV medications – the infection can usually be stopped.
- However, these must be taken in the first 48 hours after the risk of possible infection.
- After that, it is no longer possible.
- Call the AIDS Hilfe center or your drug counseling center: Ask where and how to get PEP in your region.
- A responsible doctor will advise you and, if necessary, prescribe PEP.

**ACT AS QUICKLY AS  
POSSIBLE AFTER A  
RISK SITUATION!**

**PROTECT YOURSELF  
WITH CONDOMS.**

