

# Preventing HIV



NEW ZEALAND AIDS FOUNDATION  
Te Tūāpapa Mate Araikore o Aotearoa

## What is HIV?

HIV stands for Human Immunodeficiency Virus. HIV infects the body's cells that fight off infection.

**In New Zealand, there are more people living with HIV than ever before.**

AIDS stands for Acquired Immune Deficiency Syndrome. It is what happens as a result of a compromised immune system, when your body is no longer able to protect itself against infections which a normal immune system would otherwise be able to control.

## How is HIV transmitted?

The main ways to transmit HIV are by:

- Unprotected sex
- Blood to blood (for example, sharing needles and accidents involving blood)
- Mother to baby (before or during birth and from breast milk)

In New Zealand, unprotected sex is the most common way of transmitting HIV.

Within African cultures abstinence before marriage is encouraged and faithfulness after marriage is also respected. This is supported by most religions, including Christianity and Islam.

**However, sometimes unmarried people may not abstain from sex; and married people may have sex with people other than their spouse.**





## How can I protect myself against HIV?

The very best way to prevent HIV and other Sexually Transmitted Infections (STIs), is to use condoms and lube for sex, every time.

This is especially important if:

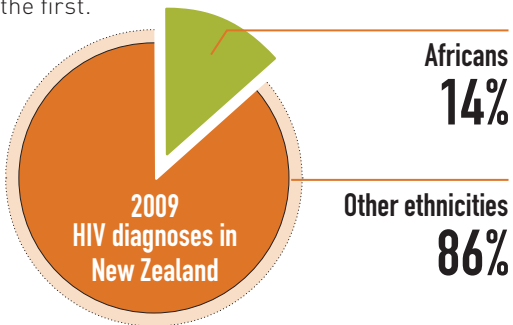
- It is sex with a person other than your partner
- If your partner has HIV
- You both have HIV.

Condoms have been scientifically tested and proven to prevent the transmission of HIV and most STIs.



## HIV in New Zealand

In New Zealand, Africans are the second population group most affected by HIV. Gay and bisexual men are the first.



**In 2009, 27 of the 199 people found to be living with HIV were from African communities.**

For New Zealand-based Africans the risk of transmitting or acquiring HIV is much higher than for any other heterosexual population group.

## Get Tested

The NZAF provides free, painless, confidential HIV and syphilis testing. Test results are received during the appointment, which takes just 60 minutes. NZAF centres are in Auckland, Wellington and Christchurch and testing is available in other New Zealand towns too.

Free or low-cost HIV testing and full sexual health checks are also available at your local sexual health or Family Planning clinic, youth health centre or your GP (family doctor).

**To book an appointment go to**  
**[www.nzaf.org.nz](http://www.nzaf.org.nz)**  
**or call 0800 80 AIDS (2437)**



[www.nzaf.org.nz](http://www.nzaf.org.nz)

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