INSTRUCTIONS FOR HIV-POSITIVE PATIENTS

Blood tests have confirmed that you have become infected with the HIV (AIDS) virus. The infection can, in certain circumstances, be transmitted from you to other people. Here are some instructions to follow to prevent HIV transmission and the spread of the infection.

Attend the clinic regularly thus you will be informed of the latest available treatments that may benefit you. Also, secondary infections of HIV disease can be treated preventively. If you have health problems or side effects from possible treatment, don’t stop taking or change your medication but instead contact your clinic.

HIV is usually transmitted in sperm or blood during sexual intercourse or through the use of dirty needles and syringes. Also, transmission of HIV is possible when infected blood or secretions come into contact with a fresh wound, skin abrasions or mucous membranes like eye, mouth or genital region. Transmission does not occur through intact skin, coughing or in casual social contact such as shaking hands.

Instructions on how to avoid spreading HIV:

Inform your partner of your infection and recommend that he/she goes for a HIV test.
Clean even small wounds and cover them with a plaster or a bandage. Bloodstained bandages and sanitary towels should be put into a tightly fastened plastic bag before putting them into a dustbin.
In case your blood or secretions come into contact with abrasions or wounds on the skin or with mucous membranes of another person, advise him/her to rinse the area with plenty of soap and water and immediately contact your clinic for further information.
Follow safe sex instructions. Always use a condom during sexual intercourse. Do not share a towel, shaver/razor, or toothbrush with anyone. Do not share with other persons injection needles, syringes, or cups or filters.
Usually laundry can be washed normally in the washing machine. If the garment is bloodstained, use the pre-wash programme of the washing machine and afterwards wash the laundry at the recommended temperature. If it is not possible to use a washing machine, soak the bloodstained garment in cold water using disposable gloves and then wash it normally according to the manufacturers instructions.
Do not have your hair or beard trimmed with a razor.
Do not donate blood, breast milk, or sperm. Do not carry an organ donator card.
Inform your doctor, dentist, and other health care personnel that you are an HIV carrier. Health care personnel is under obligation not to reveal information concerning your illness.
Take care of your general health and avoid contact with other infectious diseases which may impair your resistance against HIV.