

# HIV know your status

## FACTS

- HIV is a chronic viral illness which targets the immune system of those it affects
- HIV does not typically present with noticeable symptoms until the immune system has been considerably weakened
- If left untreated HIV can progress to AIDS
- Although there is not yet a cure for HIV it can well managed with daily medications and most people with HIV lead fit and active lives

## TRANSMISSION

- Generally people living with HIV who are on effective treatment are unlikely to transmit HIV
- The most common routes of HIV transmission are:
  - engaging in vaginal or anal sex with someone who has HIV and is either not on effective treatment or is unaware that they have HIV
  - sharing needles with someone who has HIV if injecting drugs

## PREVENTION

- Always use a condom
- Don't share needles or works
- Get tested for HIV & other STIs regularly
  - knowing your status keeps you and your partners safe

HIV diagnoses 1st Quarter 2017:

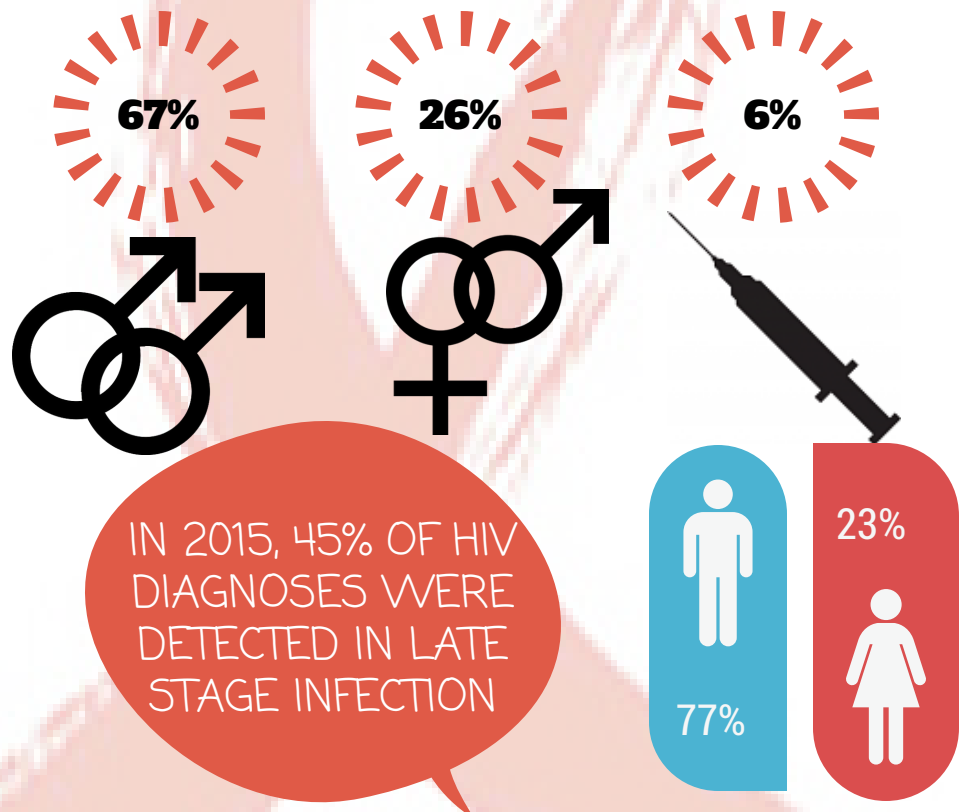
124

Total HIV diagnoses 2016:

512

\* data are provisional

## BREAKDOWN OF KNOWN TRANSMISSION ROUTES 2016:



AGE RANGE OF PEOPLE DIAGNOSED WITH HIV IN 2015: 18-72  
AVERAGE AGE AT DIAGNOSIS: 34

## GET TESTED!

## know your status

Mater Hospital Infectious Diseases Clinic Monday-Wednesday 1:45-6pm: appointment only  
GUM Clinics & GPs throughout Ireland  
St. James' Hospital, GUIDE clinic. Walk-in Mondays, Tuesdays & Thursdays (tickets allocated at 8am). Fridays by appointment only  
KnowNow offer rapid testing in non-clinical settings in Dublin, Limerick & Cork. See [www.knownow.ie](http://www.knownow.ie) for details  
HIV Ireland, 70 Eccles Street, Dublin 7. 2nd and 4th Wednesday of the month  
Gay Men's Health Service at a variety of locations. See [www.gmhs.ie](http://www.gmhs.ie) for details

Statistics from HPSC HIV in Ireland 2015 & 2016 reports

For more information or support, contact:  
HIV & STI helpline  
1800 459 459



**HMRG**  
HIV Molecular Research Group