



# HIV Transmission Formula



**H - Human**- requires living human cells in order to live  
 -can only be transmitted between humans

**I- Immunodeficiency**  
 - deterioration of the immune system

**V - Virus** -smallest known organism

**A - Acquired**-caused by the environment (not genetic/hereditary)

**I - Immune**- our immune system that keeps us well

**D - Deficiency** - incomplete or lacking

**S - Syndrome** a collection of illnesses, often occurring simultaneously, that attack the body once the immune system is depleted. Eg. Pneumonia's, TB, some cancers etc.

- **Blood**
  - **Menstrual Fluid**
  - **Semen**
  - **Vaginal Fluid &**
  - **Breast Milk**
- Contain enough HIV to be infectious**

**Pre-cum (tests are inconclusive, however there has been proof that pre-cum does contain a concentration of HIV)**

### Blood to Blood

- Sharing Needles (IDE)
- Fights
- Accidents
- Blood Transfusions
- Needle Stick Injuries
- Sex
- Sharing
- Razors/Toothbrushes
- Sharing
- Tattooing/Piercing
- Equipment
- Sporting Injuries

### Sexual Contact

- Unprotected Anal intercourse
- Vaginal Sexual intercourse
- Oral Sex
- Mutual Masturbation
- Sharing Sex Toys
- Fingering

### Mother to Child

- In Utero
- During Delivery
- Breastfeeding

- Tears in vaginal/anal walls
- STIs
- Broken Skin
- Torn Skin
- Cuts
- Scratches
- Disturbed Sores
- Abrasions

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	If we understand	
	this Transmission	
	formula, it is easy	
	to see that if all of	
	these sections are	
	present then it	
	equals **RISK.**	
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