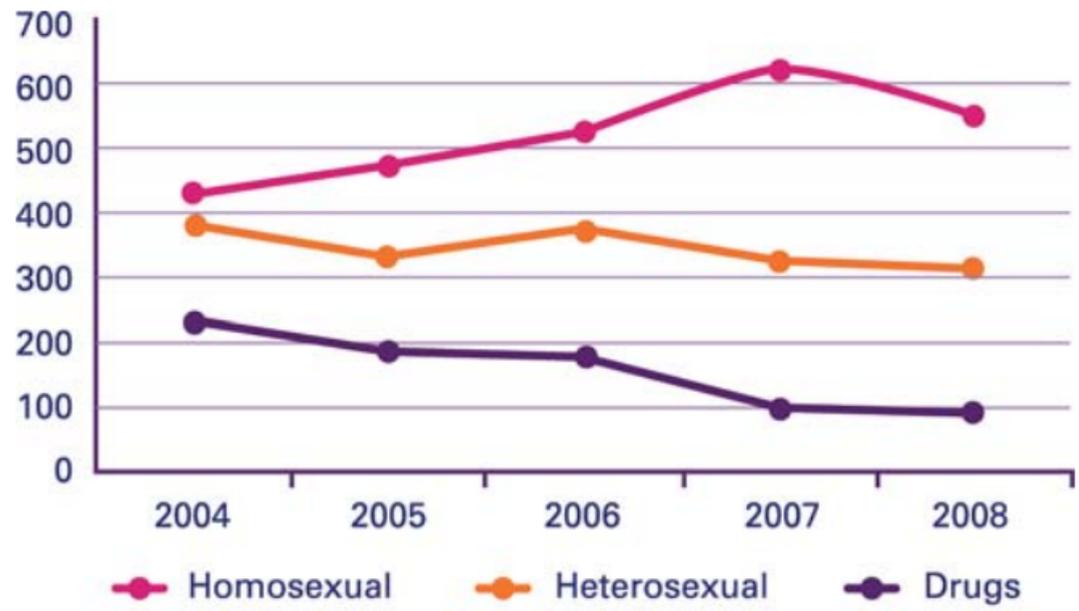


In studies carried out in Spain

ONE IN 10 MEN

Who have sex with men are infected with HIV.

GET A MEDAL



Most newly diagnosed cases of HIV in men are related to homosexual practices.

Now with the proportion of infected men so much higher, letting your guard down means running a

GREATER RISK OF INFECTION

1 in 5 men with HIV do not even know they are infected.

Rosa: 900 601 601
Cruz Roja: 900 111 000



www.ponteunamedalla.es



www.msps.es

Z-CARD
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GET A MEDAL: Protect yourself

The best way to protect yourself against HIV is **to always use a condom for anal penetration from start to finish, and to avoid ejaculation in the mouth.**

Hydrosoluble (water-based) lubricant is an essential feature of anal penetration condoms, since it protects the mucous membranes and reduces the risk of the condom breaking.

GET A MEDAL...

THERE IS NO CURE OR VACCINE FOR HIV

There is currently no cure or vaccine for HIV, which is why it continues to be a threat to our health and wellbeing.

If someone infected with HIV is medically monitored, strictly follows treatment and leads a healthy lifestyle, he can significantly improve his quality of life and life expectancy.

Nevertheless, people with HIV can develop other health problems due to the medication or the appearance of other illnesses or infections. These health problems may include metabolic complications, heart disease, bone mass loss, some types of cancer, kidney disease, liver disorders, cognitive impairment and sexual dysfunction, among others.

POST EXPOSURE PROPHYLAXIS

This treatment can be used under exceptional circumstances by HIV negative people following high-risk situations. For example following anal penetration and ejaculation by a man with HIV not using a condom (or if it breaks).

If this happens to you, go to accident and emergency at a hospital so that health professionals can evaluate your particular case.

This 28-day treatment reduces the chances of being infected with HIV if used within 72 hours (preferably in the first 6 hours).

**...FOR MORE
INFORMATION**

www.ponteunamedalla.es



GET A MEDAL: Get tested

If you have had high risk sex:

Go to your doctor, health centre or specialised NGO. There they will tell you if and when you need to come back.

Early diagnosis has the best prognosis.

**GET TESTED ONCE
A YEAR**