

SLOWLY BUT

STEADILY

HIV Scotland

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HIV:

THE STATS

HIV is on the rise: the number of people diagnosed has doubled in the past decade with an annual average of 400 new diagnoses in Scotland in the past few years.

More people than ever before are living with HIV in Scotland: an estimated 4,000 people are diagnosed and living here with HIV.

HIV specialist care is of a high quality in Scotland with many patients using these services: about 3,350 people are receiving HIV specialist care in Scotland today.

Due to the range of therapies available many people are able to live well with HIV: there is evidence that 96% of people receiving HIV therapies manage to keep the virus under control.

HIV testing has doubled in the last five years. Taking an HIV test helps protect your own health and that of others. The earlier you know the better.

HOW CLOSE ARE YOU TO HIV?

Knowing the facts and protecting yourself and others is important.

Fact 1

1

HIV has not gone away. Numbers of new cases are at their highest levels in years. All of us need to know the facts and take care of our health.

Fact 2

2

HIV is most commonly passed on through unprotected sex (sex without a condom) with someone who has HIV, but also by sharing needles or from mother to child during birth or breastfeeding (though this can be prevented with anti-HIV drugs). HIV cannot be passed on through social contact.

Fact 3

3

There is no cure for HIV – but there is protection. Condoms used with water-based lubricants are the best way to protect yourself and your partner(s) from the risk of HIV and other sexually transmitted infections (STIs). If you inject drugs, use clean needles and syringes and never share.

Fact 4

4

Talk to your partner (or partners) about safer sex and HIV. Always use a condom if you do not know your sexual partner's HIV status, or if you have sex with different partners.

Fact 5

5

The only way to know if you have HIV is to take a test. Testing and treatment are free and confidential at your GP or local sexual health clinic. If you think you might have been at risk, or it has been a while since you were tested, go for a test.