

## FACTS ABOUT HIV

**HIV is a virus** that attacks the body's immune system so that after a few years it stops working properly. Once this happens, serious life-threatening illnesses can develop. Now, with proper treatment most people can live full lives. But there is no cure. Treatment has to be taken for the rest of people's lives.

**Most people become infected with HIV through sex** without a condom, or by direct blood to blood contact, like sharing drug injecting kit.

HIV can also be passed from mother to baby, although with early medical care this is now very rare in the UK. Most HIV positive mothers have HIV negative children.

**You can't catch HIV** from sharing towels, glasses, cups, plates, cutlery, toothbrushes or razors, from toilet seats, or from shaking hands or kissing.

**There is still life with HIV.** With proper treatment, people can now lead long and healthy lives. People living with HIV work, go to school, hang out with friends, have partners, children and families.

**One of the biggest problems** facing people living with HIV in the UK is stigma, discrimination and people's negative attitudes. No other disease attracts blame, shame, and discrimination like HIV.

**We want everyone** to know the facts, start conversations, and change attitudes about HIV. To find out how you can help visit:  
[www.gh.org.uk](http://www.gh.org.uk)

George House Trust promotes the best quality of life for people living with HIV as well as their partners, families and carers. We have a wide range of services, offering one to one support, advice and information, throughout North West England.

If you or someone you know would like help, support or advice about HIV, please call George House Trust on 0161 274 4499 or email: [support@ght.org.uk](mailto:support@ght.org.uk)

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0161 274 4499  
[www.gh.t.org.uk](http://www.gh.t.org.uk)



In the UK, there are more than **73,000** people living with HIV, with **7,000** living in the **North West** of England. **22,000** people don't know that they have HIV.

Worldwide there are over **33 million** people living with HIV.



Every minute **5 people** become infected with HIV.

Every minute **4 people** die because of HIV.

People with HIV in this country and across the world are of **every sexuality, gender, age and ethnicity.**

# HIV

## MYTHS AND FACTS

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