



Myths



FACT



Children should not be allowed to go to school if they are HIV positive.

This is not true. Children who are HIV positive should not be treated any differently. They are not a danger to anyone else and they are entitled to live normal lives. They should be supported and not blamed.

Young people living with HIV should not get married.

People living with HIV should not be prevented from getting married. It requires responsibility and trust between the two partners. With the proper counselling and prevention steps, it is possible to have a healthy and trusting marriage relationship.

Young people living with HIV cannot have children.

Young women who are HIV positive are fertile and can have children. If a pregnant woman who is HIV positive takes the right medication before giving birth, her child will not have HIV. After giving birth, both mother and baby can take medication to prevent the infection from passing to the baby through breastfeeding.



Myths



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You can get HIV from being bitten by mosquitoes.

Mosquitoes do not spread HIV. When insects bite, they do not inject the blood of the last person they bit, so there is no evidence that they can pass on the HIV virus that way.

Since everyone dies of HIV, it is better not to know if you have it.

More and more medicines are now available to treat AIDS. Getting treated early, making sure to take the medicines the right way every day, and eating nutritious foods can help people who are infected with HIV to live longer, productive and normal lives.

HIV and AIDS myths and facts

Approved
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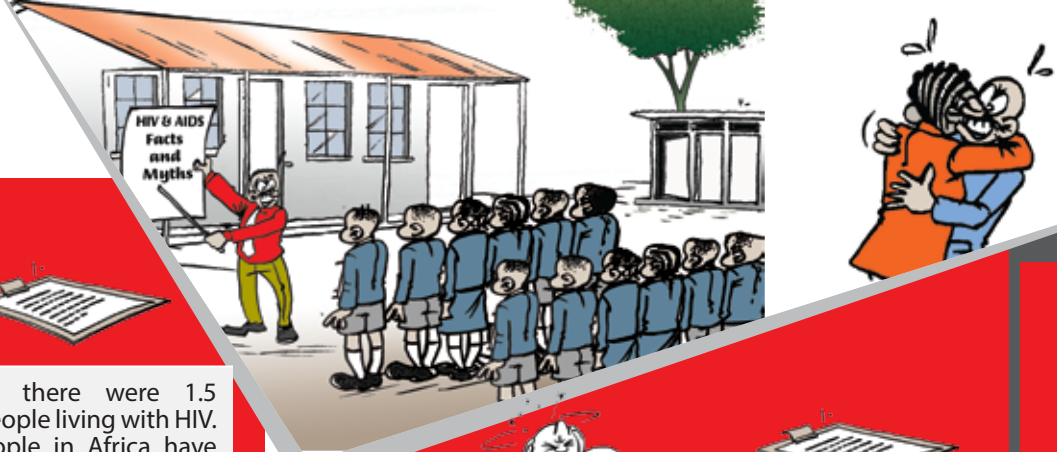
Ministry of Education



United Nations
Educational, Scientific and
Cultural Organization



Government of
Azerbaijan



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In our country, very few people have HIV.

In 2015, there were 1.5 million people living with HIV. More people in Africa have been affected by HIV than any other part of the world.(UNAIDS Factsheet Nov 2016)

More teenage boys in our country have HIV than young girls.

More teenage Kenyan girls have HIV than young boys of the same age. Young girls can easily damage the area around the vagina, thus making it easier for the HIV virus to pass into the body.

HIV is the same as AIDS. If I test HIV positive, then I have AIDS.

HIV is a virus. AIDS is a disease that develops after an infection with the HIV virus. There is treatment that people infected with HIV can take to Avoid getting AIDS.

You can be cured of AIDS by having sex with a virgin or young children.

Having sex with a virgin or young children cannot cure AIDS. There is treatment that helps to slow down the disease, but there is no cure yet for AIDS.

Traditional healers and preachers in our country have cured AIDS.

Traditional healers and preachers talk to people about their feelings when they are sick, but they cannot cure AIDS.

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The medicines to treat HIV and AIDS are so strong that you can stop taking them for a while without any problems.

It is important not to stop taking the medicines. Stopping the medicines will give the virus a chance to multiply again and attack the immune system that protects the body against infections. The medicines are also important for stopping the disease from moving from one stage to the next stage.

People living with HIV became infected because of their immoral behaviour.

People living with HIV can be infected due to different reasons – through sharing needles and injecting drugs, through blood contact from infected people, sexual activity with infected people, or a mother can pass on HIV to her child during child-birth. In some cases, girls are forced to have sex and their attacker may be infected with HIV.

HIV is caused by witchcraft or is a curse from God.

HIV is caused by a virus and not by God or a spirit. The virus cannot enter the body by casting a spell or placing a curse on someone.

Myths



FACT



You can tell when a person has HIV.

You cannot tell whether a person has HIV because they look and feel well. There may be a long period of time where someone has HIV before they show any signs of the infection.

You can get HIV through hugging and kissing or touching an infected person.

You cannot get HIV by hugging, kissing or touching an infected person. Blood, semen, vaginal and rectal fluids as well as breast milk are the only means by which HIV can be passed from one person to another.

You can get HIV through sharing glasses or plates or food with a person who has HIV, or from a toilet seat.

The virus that causes HIV cannot survive outside the body for long and cannot be passed on through sharing eating utensils or toilet seats.

