

10 consejos para prevenir el VIH - SIDA



1. En general, debes impedir que los fluidos corporales (semen, secreciones vaginales, sangre y leche materna) estén en contacto con las vías de entrada de tu organismo (boca, vagina, pene, recto y heridas profundas).

2. Mantén relaciones sexuales sin penetración, o en exclusiva con una pareja no infectada, para evitar la transmisión por vía sexual.

3. Para el resto de relaciones sexuales, utiliza siempre preservativos. Asegúrate que sean homologados y no estén caducados.

4. Si utilizas lubricantes, que éstos sean solubles al agua, los demás pueden deteriorar el preservativo.

5. No uses al mismo tiempo preservativo masculino y femenino, pueden dañarse mutuamente por fricción.

6. Recuerda que los espermicidas no protegen de la infección por VIH. Es más, si los utilizas habitualmente, pueden crear irritaciones o lesiones que aumentan el riesgo de transmisión.

7. No debe compartirse nunca el material para el consumo de drogas: jeringuillas, cucharas, etc.

8. Utiliza en exclusiva tus utensilios de higiene personal: cepillo de dientes, cuchillas de afeitar, etc.

9. Si debes prestar Primeros Auxilios, lávate las manos antes e inmediatamente después y, si es posible, utiliza guantes de látex.

10. Si estás expuesto al virus accidentalmente, acude a urgencias cuanto antes. Existe un tratamiento que, administrado antes de 72 horas (mejor en las primeras 6 horas), disminuye el riesgo de desarrollar la enfermedad.

Cada vez más cerca de las personas

Que Es El Sida Y Como Prevenirlo

M Lipman



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