

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

Prevenir El Sida

Javier de la Torre Díaz



Prevenir El Sida:

El Vih/Sida En Países de América Latina Pan American Health Organization,2004-06-11 En comparación con la mayoría de los países de África y las cercanas islas del Caribe la mayoría de los países latinoamericanos no han enfrentado todavía una epidemia en gran escala de SIDA No obstante una serie de tendencias recientes indican que si los países de América Latina no toman pronto medidas adecuadas de prevención la incidencia de la enfermedad podría alcanzar proporciones epidémicas Las políticas apropiadas y oportunas pueden limitar las repercusiones actuales y futuras del VIH SIDA en los sistemas de atención de salud las economías y las sociedades de América Latina Muchos países de la Región se han mostrado dispuestos a enfrentar las dimensiones y la índole especial del problema representado por el VIH SIDA desde mediados de los años ochenta esos países han establecido nuevas estructuras y los cimientos necesarios para las respuestas comunitarias Aun así subsisten numerosos retos para el futuro El VIH SIDA en los países latinoamericanos los retos y futuros presenta información reciente y actualizada acerca de la extensión y las tendencias de la epidemia de VIH SIDA en América Latina En esta obra se evalúa la capacidad actual de vigilancia en los países se examina las respuestas nacionales del sector de la salud a la epidemia en cada país se identifican las áreas fundamentales en las que se requieren con urgencia intervenciones específicas y se describen los retos futuros El estudio se basa en nuevas investigaciones patrocinadas por el Banco Mundial análisis de información secundaria y datos concernientes a 17 países Argentina Bolivia Brasil Chile Colombia Costa Rica Ecuador El Salvador Guatemala Honduras México Nicaragua Panamá Paraguay Perú Venezuela y Uruguay

Feeling Sick: The Early Years of AIDS in Spain Dean Allbritton,2023-04-15 An Open Access edition of this book is available on the Liverpool University Press website and the OAPEN library as part of the Opening the Future project with COPIM The earliest traceable accounts of the AIDS outbreak in Spain began to emerge during its political transition to democracy with small clusters of cases appearing as early as 1981 HIV AIDS would go on to shape Spain throughout its pivotal period as a fledgling democracy underpinning the cultural explosions of the Movida a sharp rise in intravenous drug use and the struggles of a coalescing LGBT community Feeling Sick The Early Years of HIV AIDS in Spain examines the cultural history of these early years of HIV AIDS in Spain as it has been told through television and print media ephemeral products of visual culture fiction film and the so called risk groups that lived through the epidemic The book draws on the work of Raymond Williams to characterize this emergent period within a structure of feeling sick and thus defined by discordant voices disagreement and meaning making in a period of history in formation Through close readings of Spanish visual culture and media alongside analysis of historical and medical documents it asserts that a structure of feeling sick begins to coalesce around the emergence of HIV AIDS and traces out a distinctive sense of living through history as it unfolds By critically evaluating a selection of cultural materials this book claims that the earliest years of the HIV AIDS epidemic in Spain reveal common fears about global connectivity the proliferation of vulnerable ties to others and the potential of cultural and physical

contaminations Ultimately Feeling Sick challenges the dominant narratives in which life and disease are seen as separate and unequal and in which illness is only destructive and devastating An Open Access edition of this book is available on the Liverpool University Press website and the OAPEN library as part of the Opening the Future project with COPIM

Implementing the ILO Code of Practice on HIV/AIDS and the World Of Work, 2002 **Protección Contra Los Embarazos Involuntarios** Tamar Nordenberg, 1999 **Cómo prevenir el sida y otras infecciones de transmisión sexual** Josefa Ballester Blasco, Josefa Durán, Jordi Balaguer, 2003 **Tools for Building Culturally Competent HIV Prevention Programs** Julie Solomon, Jacquelin Berman, 2007-11-01 A comprehensive guide to creating implementing and evaluating culturally competent HIV prevention programs Recent literature on effective HIV AIDS prevention programs underscores the importance of cultural sensitivity and cultural competence in the delivery of services and care Successful prevention interventions must be tailored for their target populations Yet many HIV AIDS prevention professionals struggle to meet the specific needs of their communities Tools for Building Culturally Competent HIV Prevention Programs contains a variety of well informed evidence based approaches to HIV prevention programs It offers all the tools practitioners need to launch an effective prevention program from identifying program goals and objectives to developing program models to recruiting and retaining staff and finally to conducting evaluations and reporting results All material is filtered through a cultural perspective and methods are tailored to specific racial ethnic and socioeconomic groups Additional resources are included to assist in the preparation and development of your prevention program such as Federal standards and guidelines for culturally competent health care and social service provision True life case studies that show how other HIV prevention programs succeeded Checklists worksheets and templates to create monitor and manage your program The CD includes Customizable checklists and worksheets that you can use in your program A demonstration of the Virtual Program Evaluation Consultant VPEC software program a program evaluation service offered by Sociometrics Corporation Purchasers of this book will get a three month license to VPEC free Use the companion volume The Complete HIV AIDS Teaching Kit with CD ROM in your prevention program to assist you in providing an overview of the incidence prevalence prevention and treatment of HIV AIDS to all your students patients or clients *Prevención del VIH entre Jóvenes que se Inyectan Drogas*, 2005-05-30 *Health Care and HIV*, 1996 *La prevención del sida en adolescentes* Odet Moliner García, Rafaela García López, 2003 The interest of the book falls in the proposal that does an intervention eminently practice of prevention of it been through materials done not center exclusively in the broadcast of information Thus same it presents an exhaustive revision of other programs and of the main models teóricos utilized explained in a brief way and understandable It is a matter of a proposed one ambitious thought for to be applied of cross form among the alumnado of the THAT that will provide al faculty an intervention instrument very valuable to undertake the prevention of it been since the classroom **Prevención de Enfermedades de la Piel**, **Inter-American Yearbook on Human Rights / Anuario Interamericano de**

Derechos Humanos, Volume 31 (2015) Inter-American Commission on Human Rights, 2022-08-22 The 2015 Inter American Yearbook on Human Rights provides an extract of the principal jurisprudence of the Inter American Commission on Human Rights and the Inter American Court of Human Rights Part One contains the Decisions on the Merits of the Commission and Part Two the Judgments and Decisions of the Court The Yearbook is published as an English Spanish bilingual edition The print edition is available as a set of three volumes 9789004338524 **Lost in Transition** Kee Beng Ooi, 2008 Para la Vida, 2010 En la cuarta edición de Para la Vida figura información esencial que las familias y las comunidades tienen que conocer para criar niños y niñas sanos Este manual ofrece consejos prácticos sobre el embarazo el alumbramiento las enfermedades de la infancia el desarrollo infantil y la atención de los niños y niñas En esta edición se presenta también un nuevo capítulo sobre protección de la infancia El libro está dirigido a los padres y madres las familias los trabajadores de salud los maestros los grupos juveniles los grupos de mujeres las organizaciones comunitarias los funcionarios gubernamentales los empleadores los sindicatos los medios de comunicación y las organizaciones no gubernamentales y confesionales *Stoelting. Tratado de anestesia y enfermedad coexistente* Roberta L. Hines, Stephanie B. Jones, 2023-02-15 Stoelting Tratado de anestesia y enfermedad coexistente Presenta discusiones detalladas de enfermedades comunes así como aspectos destacados de enfermedades más raras y sus características que podrán ser de importancia en el período perioperatorio Incluye las últimas guías de práctica clínica algoritmos de tratamiento fáciles de seguir puntos clave con vietas etc Contiene dos nuevos capítulos sobre enfermedades nutricionales Obesidad y desnutrición y Dolor crónico y un contenido significativamente revisado sobre valvulopatías insuficiencia cardíaca y miocardiopatías enfermedad pericárdica y traumatismo cardíaco enfermedades endocrinas enfermedades del envejecimiento enfermedades asociadas al embarazo etc Presenta abundantes figuras tablas gráficas y fotografías que proporcionan un rápido acceso a los aspectos más destacados de cada enfermedad y aclaran los puntos críticos relativos al manejo Examina las consideraciones específicas de la anestesia para poblaciones especiales de pacientes incluyendo pacientes pediátricos obstétricos y ancianos Ideal para anestesiólogos en ejercicio y para residentes de anestesia en formación Stoelting Tratado de anestesia y enfermedad coexistente 8ª ed constituye una herramienta imprescindible para todos aquellos que se dedican a la práctica de la anestesia con independencia de su nivel de formación y experiencia pues proporciona una cobertura concisa pero integral de la fisiopatología de las enfermedades más frecuentes y de su abordaje médico en relación con la práctica de la anestesia La doctora Roberta L Hines eminente autoridad en la materia y la nueva codirectora la doctora Stephanie B Jones lideran un extraordinario equipo de autores que ofrecen una orientación clara y detallada para abordar o evitar satisfactoriamente potenciales complicaciones asociadas a alteraciones preexistentes *CUIDADOS INTENSIVOS RESPIRATORIOS PARA ENFERMERÍA* A. TORRES, 2000-12-19 VIH/SIDA y salud pública Carlos Magis Rodríguez, Hermelinda Barrientos Bárcenas, 2009 *HIV Impact*, 2002 *Cuando el día tiene 36 horas* Nancy L. Mace, Peter V. Rabins, 2006-07 Familias que

se enfrentan con el reto de cuidar a un pariente que sufre de demencia enfocado principalmente en la enfermedad de Alzheimer encuentran avisos extensos e indispensables en esta guía. Incluye además una gran variedad de sugerencias sobre cómo cuidar de los enfermos durante las diferentes etapas de la enfermedad e ideas sobre diferentes tipos de asistencia y cómo obtenerlas. Las diferentes alternativas tanto financieras como legales así como consejos referentes a casas de ancianos y otras alternativas de vivienda completan la orientación de este libro. *UNICEF Informe Anual 2008* UNICEF Staff, 2009-06

30 años de VIH-SIDA Javier de la Torre Díaz, 2013-10-09 Este libro 30 años de Sida Balance y nuevas perspectivas de prevención constituye el primer proyecto conjunto de investigación entre estas universidades dentro del marco de Valores Sociales y ética. En él participan investigadores de quince centros universitarios de todo el mundo y doce países. En el año 2011 se cumplieron treinta años de los primeros casos observados en Nueva York y California de lo que más tarde se llamará el Sida. Queremos con esta publicación hacer un balance de esta historia de treinta años y plantear nuevas perspectivas en la prevención del Sida. Los artículos tienen un enfoque predominantemente social y cultural. Se aborda el tema del SIDA y su prevención en relación con la pobreza, la desigualdad, el género, la cultura, la inmigración, el desempleo, las drogas, las políticas sanitarias, la educación, afectivo sexual, las patentes de medicamentos, la ética global, la distribución de recursos sanitarios, etc. Y se hace describiendo la realidad del SIDA desde diferentes contextos y países, sobre todo de África, América y Europa. El objetivo de esta publicación internacional es ofrecer una perspectiva global del VIH-SIDA desde diversos contextos y desde los diversos problemas sociales concretos. El libro pretende mostrar un puzzle lo más ajustado posible de los diversos rostros del sida desde lo concreto y desde su evolución en los últimos treinta años.

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