**Instruction and information for a person infected with HIV**

**and for parents or legal guardians of and HIV-infected children**

You have been diagnosed with the human immunodeficiency virus (HIV). It is an infection that is treatable, though currently not totally curable.

HIV infection spreads exclusively from person to person and only through three routes: unprotected sexual contact, blood, and mother to child. An infected person can live for many years with no symptoms of the disease and be healthy but can also infect his/her partner during sexual intercourse, transfer the virus to another person via blood, or from mother to child during pregnancy, delivery, and breastfeeding.

The treatment you will receive is based on EACS recommendations https://www.eacsociety.org/. It has the potential to substantially alter the course of your infection and prevent a variety of health consequences. If you carefully follow the treatment, you have a good chance of living for many years while also considerably reducing your infectiousness.

Noncompliance with therapy or incorrect use, on the other hand, can lead to a serious disease known as AIDS and/or the development of HIV resistance to the medications used, increasing your infectivity. Please be aware of the following legal duties that apply to you in Slovakia: Act 355/2007 Coll. on the preservation, promotion, and development of public health, as well as the amendment and supplementing of various laws, imposes the following requirement under Criminal Law 51:

a) Avoid dangerous behaviour that might harm others or pass on the virus to others.

b) Inform your doctor about your HIV status as soon as possible.

c) Carry out medical examinations, diagnostic tests, and communicable disease treatment in conjunction with communicable disease prevention (medical examination involves regular visits to one of the HIV/AIDS centres of your choosing on dates scheduled by the doctor).

Please keep in mind that anyone in Slovakia who carelessly causes or raises the danger of the spread of a contagious disease in people (including HIV) can be charged with a crime under Criminal Law 166, par. 1.

**The risk of HIV transmission can be reduced as follows:**

* be treated and strictly adhere to the treatment plan
* practise so-called safer sex - avoid ejaculating sperm into your partner's mouth and always use a

condom during vaginal and anal sex. We recommend using a condom even if you have an undetectable viral load (the amount of virus in your blood) to avoid infection with a sexually transmitted disease that could harm your health. Even during oral sex without ejaculation, the use of a condom is required in this circumstance. All bloody sexual practices must be avoided. Kissing is not dangerous unless it is followed by biting or strong sucking. Even if your partner is HIV positive, we recommend that you use a condom because each extra infectious dose of the virus affects the disease's progression.

* If you are an injectable drug user, do not share needles, syringes, or drug solution with another

individual.

* Inform your doctor about your HIV status before to any examination or treatment process, as well as

upon admission to an inpatient care provider or social services facility. In the case of a loss of consciousness, do it as soon as feasible, depending on your health.

**You cannot donate blood, tissue, or organs if you have HIV.**

Because there is no risk of HIV transmission during regular social interaction, your HIV status does not prohibit you from participating in most activities or employment. Certain constraints are established in the legislation that governs duty in the military forces.

**Follow the recommendations below in your own best interests:**

• Contact an HIV/AIDS specialist immediately if you have any health problems, even if they appear minor, such as recurring respiratory tract disorders, especially a persistent cough, weight loss, enlarged lymph nodes, any rash, and so on.

• Because you are vulnerable to the consequences of any infection, actively avoid close contact with otherwise infected people**.**

• Follow personal hygiene guidelines, such as having your own toothbrush, razor, towel, and so on, and not lending them to others. If another person becomes stained with your blood, for example, as a result of an injury, offer proper cleaning with a virucidal disinfectant.

• convince your sexual partner to have an HIV test. It will allow him/her to protect not only themselves, but also others, and it will also allow them to begin treatment on time, which will considerably reduce the progression of the disease. If you do not want to inform your partner about your HIV status, you may request that your HIV center's doctor do it for you.

• adhere to proper nutrition principles. It is advised to avoid eating raw or improperly cooked meat (a source of numerous bacteria that can cause major difficulties in HIV patients). It is essential to have a healthy lifestyle and avoid smoking and excessive alcohol usage.

The non-governmental organisations working in the field of HIV/AIDS in Slovakia can also advise you on how to handle your HIV-related problems:

<https://www.domsvetlaslovensko.sk/>,

<https://www.ozodyseus.sk/>,

<http://primaoz.sk/>

<http://www.zdruzeniestorm.sk/>

**You can request HIV treatment at the following AIDS centers in Slovakia:**

1. FNsP F. D. Roosevelta, Banská Bystrica, tel.: 048/4335 315

2. KIGM, NsP L. Dérera, Bratislava, tel.: 02/59542 960, -951, -403

3. UN L. Pasteura, Košice, tel.: 055/615 2216, 2202, 2206

4. UN Martin, tel.: 043/4203 386, 637

5. FSVaZ UKF, FN Nitra, Nitra, 037/6545 586, 571

Assoc. Prof.. Danica Valkovičová Staneková, PhD.

danica.stanekova@szu.sk

<http://www.walki.sk/hiv-aids/>

[www.szu.sk](http://www.szu.sk/)

+421 948 981 842

**Patient declaration:**

Hereby , I declare that I am familiar with this instruction in accordance with the Law 576/2004 Coll. § 6 on the nature and risks of HIV infection, its prevention and treatment options and possible complications related to the disease, treatment as well as its rejection and I understand the content of this information.

Name and surname of the patient:

Identification number:

Signature:

Date: