

HOW HIV IS NOT TRANSMITTED

You CANNOT get HIV through hugging, kissing, crying, coughing, sneezing, shaking hands, being friends or through normal daily interaction with people who have HIV or AIDS.

You also CANNOT contract the virus from swimming pools, lakes, baths or showers, from toilet seats, door knobs, towels, clothing, food or drink, cups or glasses, dishes, silverware, straws, drinking fountains, toys, books, paper, telephones, office equipment or furniture.

HIV is NOT transmitted through vomit, sweat, stool or nasal secretions. **You CANNOT get HIV** from contact with tears, urine or saliva.

In addition, you **CANNOT get HIV** from mosquito or other insect bites, since HIV does not reproduce inside insects. Even if a mosquito bites an HIV positive person, the virus will **NOT** reproduce in the mosquito, the mosquito will not become infected and thus cannot transmit the HIV.

For additional questions about transmission, call the National AIDS Hotline at 1-800-342-2437.

