

**HIV : routes of transmission ... NON routes of transmission ... saliva ... /  
Lothian Health Health Education Department.**

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# HIV

## Routes of transmission:

1. Sexual intercourse without a condom
2. Injecting drug use
3. Mother to baby

## NON Routes of transmission:

1. Kissing
2. Sharing crockery and cutlery
3. Toilet Seats
4. Using the same swimming pool/sports facilities
5. Sharing living accommodation.

# **SALIVA**

**Saliva is not a proven route of transmission for HIV. Although saliva has been shown to contain small amounts of the HIV Virus, these quantities are not sufficient to transmit it to another person. So KISS, LICK, SUCK and be happy that you won't get HIV from doing this. If however you're going to penetrate your partner ALWAYS wear a condom.**

**BE SAFE, BE AWARE.**

**For further information contact:  
National AIDS Helpline**



**0800 567 123  
(24hr FREE)**



**HEALTH EDUCATION DEPARTMENT**