

# Transmission Myths

Myths can lead to stigma and discrimination against those living with HIV, as well as misunderstanding about how the virus is transmitted. By understanding the real ways in which HIV is spread, we can all contribute to a more informed, compassionate, and proactive approach to prevention and treatment.

**MYTH:** You can acquire HIV through close contact.

**FACT:** HIV is a **blood-borne pathogen** that is not transmitted through touch, proximity, sweat, tears, sharing a bathroom, gym equipment, or water fountains. **It is only transmitted through blood, breast milk, vaginal fluid, and semen.**



**MYTH:** Once you are HIV+, there's always a risk of transmission.

**FACT:** Receiving proper and consistent **HIV treatment greatly reduces the risk of all methods of transmission** and can eliminate the risk of transmitting to future sexual partners.

**MYTH:** One test is enough.

**FACT:** HIV infection can take up to 90 days to show up on tests. **Getting tested after exposure, and re-tested 120 days** after is best practice for detection.



TENNESSEE TRANSGENDER TASK FORCE

Visit [www.tntaskforce.com](http://www.tntaskforce.com) for more resources.