



COUNSELLING GUIDELINES

Cautions to prevent potential HIV transmission to others, for persons who have experienced a significant exposure

While awaiting the test results (three months), take the following precautions to prevent potential HIV transmission to others:

- Abstain from sexual intercourse or use a latex condom with a water-based lubricant at all times during intercourse.
- Do not donate blood, plasma, organs, tissue or sperm.
- Do not share toothbrushes, razors, needles or other implements which may be contaminated with blood/body fluids.
- Do not become pregnant.
- Breastfeeding parents who experience a potentially significant exposure should be advised to discontinue breastfeeding while waiting for the source person's test results. If the source person is found to be HIV negative and it is determined that PEP is not necessary, breastfeeding can be resumed.

The risk of transmission to others is extremely small and the need for precautions should be discussed with a consultant familiar with HIV transmission.