



ANGELS REFUGEE SUPPORT FOUNDATION

HIV/AIDS: KEY FACTS

THIS FACTSHEET PROVIDES ESSENTIAL INFORMATION ABOUT HIV/AIDS

WHAT IS HIV/AIDS?

- HIV (Human Immunodeficiency Virus): Attacks the immune system; if untreated, can lead to AIDS.
- AIDS: (Acquired Immunodeficiency Syndrome): The advanced stage of HIV infection, where the immune system is severely damaged.

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HIV SITUATION IN UGANDA (MID 2025)

- Prevalence: About 1.4 million people in Uganda are living with HIV.
- Adult Prevalence: 5.1% of adults are infected.
- Treatment: Over 94% of those living with HIV receive antiretroviral treatment (ART).
- New Infections: Still a concern, especially among young people aged 15-24 years, with girls and young women disproportionately affected.
- Mother-to-Child Transmission: Reduced from 30% to about 3% due to preventive measures.



HOW IS HIV TRANSMITTED?

HIV is spread through specific body fluids: blood, semen, rectal fluids, vaginal fluids, and breast milk.

Transmission occurs via:

- Unprotected sexual contact (vaginal, anal, oral)
- Sharing needles or injection equipment
- From mother to child during pregnancy, childbirth, or breastfeeding (preventable with treatment)
- Less commonly through blood transfusions or organ transplants with poor screening.



HOW IS HIV NOT SPREAD?

HIV does not spread through casual contact like handshakes, hugging, sharing utensils, or through air, water, or insect bites.

PREVENTION METHODS

- Consistent condom use during sex
- Testing and treatment: Knowing your HIV status and starting ART if positive (U=U – undetectable equals untransmittable)
- Pre-exposure prophylaxis (PrEP): Daily medication for at-risk HIV-negative individuals
- Post-exposure prophylaxis (PEP): Medication within 72 hours after potential exposure
- Voluntary medical male circumcision (VMMC): Reduces male HIV risk by about 60%
- Prevention of mother-to-child transmission (PMTCT): ART for pregnant women
- Harm reduction: Use sterile needles and avoid sharing drug equipment.

KEY MESSAGES

- Get tested to know your status.
- Treatment is effective and accessible.
- An undetectable viral load means HIV cannot be transmitted.
- Prevention saves lives.

**LET'S WORK TOGETHER TO END HIV/AIDS
FOR SUPPORT AND MORE INFORMATION**

Mob: +256 755 375 489
Tel: +256 020 094 774

Email: info@angelsrefugee.org
Website: www.angelsrefugees.org

Prof. Apolo Nsibambi Road, Namirembe,
Kayiwa Village, Mengo, Rubaga Division.
Po Box 74862, Kampala

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