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### What's the difference between HIV and AIDS?

HIV is a virus that causes the human immunity to fail (in English known as the Human Immunodeficiency Virus). It attacks the white blood cells (so-called T-lymphocytes), builds into their genetic information, and reprograms them to a "production line" for the HIV virus. Instead of defending against infectious diseases and tumors, these white blood cells only "produce" other HIV viruses. This leads to a reduction of healthy white blood cells, and the human body cannot cope with illnesses in the same way a healthy immune system does (fungus infections, various kinds of sores, lung inflammation, as well as tumors). At this point, AIDS is in the picture, accompanied by a failure of immunity followed by death. (Acquired Immunodeficiency Syndrome - a syndrome of acquired immune failure). HIV is therefore a virus, and AIDS is a disease.

### What symptoms identify HIV primoinfection?

The initial symptoms after HIV infection are similar to influenza or infectious mononucleosis, including headaches, muscle pain, joint pain, fatigue, nausea, swollen/enlarged lymph nodes, fever, sometimes a rash, abdominal pain, or diarrhea. Some HIV-positive people don't have these symptoms despite the disease further developing in their bodies.

### Which sexual practice is the riskiest?

Unprotected sexual intercourse with a person with an unknown HIV status. The highest risk is unprotected anal intercourse. Women are at higher risk of unprotected vaginal intercourse because semen contains more HIV viruses than vaginal secretions. Oral sex has a lower risk, but it's definitely not zero risk.

### Are there any tests for HIV performed anonymously and for free?

Yes, you can find test sites on the website.

[www.tadyted.com](http://www.tadyted.com)

