



All

you should know
about **Aids**

TRANSMISSION MODES | SYMPTOMS
BRIEFING - PSYCHOLOGY | EXAMINATIONS-TREATMENT-
STATISTICS + EXTRACTS FROM LAW 3304/2005

General Secretariat of New Generation



The General Secretariat of New Generation, aiming at the communication, updating and sensitization of as more youths as possible from all over Greece on scientific and at the same time deeply social topics, has estimated that it was necessary to issue a brief but concise information guide relating to HIV virus and simultaneously to present the legal frame with regards to the “application of the principle of equal treatment independent of any racial or ethnical origin, religious or other beliefs, disability, age or sexual orientation” which is valid since 27 January 2005 and protects among others the virus’ carriers from any probably discriminations against them in the work place. The questions contained in the guide were made by the young people who have participated through internet in the informative and sensitization event relating to HIV virus that was organized in September 2010 by the General Secretariat.

It is possible to find the guide in electronic form in the site www.neagenia.gr and to see the entire event through the youtube site of the General Secretariat of the New Generation. The present is distributed free of charge in Athens, Thessaloniki and in other Greek towns and it is available in English, French, Albanian and Russian language.

It is our wish that whoever falls upon this leaflet will find it truly useful for the fighting of stereotypes that tend to replace the scientific aspect and to poison human relations. The General Secretariat of the New Generation will assist in all efforts towards this direction.

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..... Knowledge and communication against ignorance and stereotypes



Understanding instead of prohibition



A method-cure

against the disease of confusion and fear:



>a productive discussion



[replies from PRAKSIS]





1

*transmission
modes*

Transmission Modes

1. If I want to make love with a young man who as far as I know has not had sex with another young woman, should I use a condom?

First of all, when some people say that they have never had sex before this does not mean that this is true. Furthermore, condom does not protect us only from HIV but also from the probability of an unwished pregnancy as well as from other sexually transmitted diseases. For this reason, yes, a condom should be used during sexual intercourse independent of other conditions.

2. Should we use a condom in oral sex?

Yes, we should use a condom in oral sex too because the pre sperm and sperm fluids contain large quantities of the virus and in this way they become dangerous for its transmission.

3. Is AIDS transmitted from kissing?

No, HIV is not transmitted from kissing because there is only a very small quantity of the virus in the sputum. Despite this, the probabilities increase if someone has an open wound in their mouth i.e. aphtha, gingivitis, etc.



4. I am going to the swimming pool which is also used by older people. If someone has aids will I get it too?

No, you will not get it. HIV is a human virus and lives only very few minutes outside the human body. Therefore, it does neither live in water nor is it transmitted by it.

5. Are my children in danger of getting AIDS from other children at school who may have the virus?

No, nobody is in danger of catching HIV from a simple social contact. HIV is transmitted through biological fluids (blood, sperm and vertical transmission from the mother to the child through lactating) therefore it cannot be transmitted to children from their schoolmates.

6. What should I do if I like someone whom I do not know very well but I want to have sex with her?

The only safe solution is to use a condom. Besides, you can ask her to be examined together for the virus so that both of you are safe since she will not know you well either. This however does not imply that you will have contact without condom since condoms are protecting us for other sexually transmitted diseases too.

7. It is possible to get AIDS from having a tattoo made if the needle is not clean?

Of course, you can get it since the mode of its transmission is through the biological fluids and one of them is blood.

8. If you are a volunteer blood donor should you be checked for AIDS or is it done anyway because you are giving blood?

When someone is donating blood a check is done for the virus anyway and should there be a problem, the person is informed by the Blood Bank for the purpose of undergoing further investigations. Despite the above, if someone has not been giving blood at regular intervals, he/she should be examined anyway.

9. Why is AIDS more widespread in gay people? Are they more careless?

The reason is not that they are less careful rather the cause is social in that they change sexual partners more frequently than the straight ones. However, in our era this is a myth because straight people change partners frequently

too. This fact is leading us to the conclusion that AIDS is of equal interest to all of us and that we are all equally in danger from it.

10. Are there any differences in the qualities of condoms? How can we know which is safe and which is not? It is better to get them from a pharmacy?

All electronically checked condoms maintained in shadow, in a cool place, sold packed by validated production companies are equally safe. The best place to buy condoms is the pharmacy and the super market where condoms are maintained generally in a cool and shadowy place.

11. If you have gingivitis are you in danger from oral sex?

You are in danger in the sense that if your gums are bleeding there is an open wound and therefore you are more susceptible to catching the virus.

12. Is it true that AIDS is transmitted from the pins that some people put in movie seats?

AIDS is a human virus and it does not live more than very few minutes outside the human body. Therefore, it does neither live nor is it transferred from various objects.

13. Are condoms absolutely safe or are they just reducing danger? Can you be 100% sure when you are using them?

14. Why are we underestimating even today this disease when we all know how dangerous it is? Also, what is the reason of such irresponsibility against our partner?

There are various reasons which mostly have to do with our ignorance and the lack of information by the competent organizations. The mainstream philosophy is that this has nothing to do with me (and at this point we are giving various reasonable seeming answers to why this has got nothing to do with us – i.e. because we are straight, because we have a permanent partner, etc.). For this reason, we are neither examined and nor protected either ...

15. Is anal sex dangerous?

Anal sex is equally dangerous as any other type of sex. This happens because during penetration small excoriations are created in the vagina, the anus, etc. and so the pre spermatic, the spermatic and the vaginal fluids can pass easier into the blood stream and transmit the virus.



16. A friend of mine, a homosexual, had a relationship for a long time with an AIDS carrier. When he told me, I got hysteric. He was declaring more in love than ever and he insisted that he was "careful". I was thinking constantly the worst. How much was he really in danger?

If the carrier receives the appropriate treatment, is followed by the doctor, and both are protected and regularly examined, the danger for the virus' transmission is significantly reduced.

17. Can HIV virus contaminate someone if contaminated sperm gets in contact with a wound? How much probability is there if the wound is closed or if there are only some scratches?

The virus is transmitted through the biological fluids (blood, sperm and vertical transmission from mother to child through lactation). This means that any type of combination of biological fluids is potentially dangerous for the virus' transmission, independent of the quantity of blood that there is at this area. An open wound is always an open wound and therefore it is susceptible in relation to the transmission of the virus.

18. Is it possible to get the virus through oral sex?

You can contact AIDS through any sexual route, the only thing that is different is the transmission's probability rate although not to a high degree. However, because of the pre sperm or sperm or vaginal fluids' entry in the oral cavity, transmission is possible by oral sex too.

19. If a pregnant woman is a carrier what are the probabilities of the embryo's contacting the disease?

It is quite probable that the disease will be passed on to the embryo. For this reason it is necessary that the mother be followed up by the doctor during the entire period of her pregnancy so that both the mother and the embryo are protected.

20. Is it possible for a woman who is married to a seropositive man to have a child that has not contacted the virus?

Yes, it is possible that the child will be absolutely safe under the condition that both the HIV positive partner and the couple as a whole will be followed up by a doctor



before pregnancy and that the doctor's instructions will be followed during pregnancy, delivery, etc.

21. In case of having sex with a permanent partner for quite a lot of years is there a danger of infection?

The danger in this case is entailed as to whether the relationship is monogamous for both parties. If this is confirmed, then there is no danger.

22. It is possible to have sex without condom with a carrier and not to contract the virus?

Yes, it is possible. But since on one side the rate of this probability cannot be calculated and on the other hand the gravity of the disease is significant, it is better if precautions are taken in any case.

23. Why is there nobody supporting the opposite view that AIDS is not caused by HIV?

Based on scientific data as well as on the studies that have been done over the years, the entire scientific international community supports the view that HIV virus is causing AIDS. If someone has relevant scientifically based data, indisputably proved by corresponding studies relating to the opposite, he/she is welcome to present them. Until this is done however views based on personal perceptions, coincidences, rumors or guesswork cannot be presented as scientific neither are they substantiated.

24. What can we do if the condom breaks?

If the condom breaks and we are afraid that we have come in contact with the virus we must go to a specialist control center so as to get informed as to whether it makes any sense to take the "next day pill" preventively. Otherwise, we should do a blood test in any hospital within a short period of time.

25. Is AIDS related more to homosexuals or to everybody?

Naturally, AIDS relates to all, independent of gender, sexual preference, socioeconomic class, race and nationality. We can all contract it at any time if we do not take precautions because we are all having a sexual life. Furthermore we may all need transfusion at some point of our lives. It is a human virus and this in itself shows that it is related to all people.



26. Is AIDS transmitted through perspiration?

No, the virus' quantity in saliva, perspiration and tears is so small that the probability of its being transmitted is practically minimal.

27. Good evening, some time ago I had a sexual relation with a prostitute. While having sex the condom broke. I did not ejaculate inside her, actually as soon as we understood it we pulled away from each other. Is there a danger of contracting AIDS? I have heard that they are examined every 15 days by a doctor, is this so? Is there such a law? Thank you.

Yes, prostitutes are examined very frequently by a doctor indeed given the high risk there is due to their profession. Despite this, you should do a test in any hospital to make sure that there is no reason to worry.





2



symptoms ...

Answers from the "Theftiki Fon" ("Positive Voice") Greek

Seropositive
People's Association]

Symptoms

1. In which cases is the carrier diseased?

- a) Everybody is diseased after some years (it is different from person to person)
- b) If you are diagnosed and you take your treatment, then never.

2. Do people die from AIDS?

- a) If the infection is not diagnosed then there is high risk.
- b) The only people who have died from HIV/AIDS in Greece are those whose diagnosis was delayed or whose treatment started late as a result of which the damage of their defensive/immune system was irreversible.

3. What are the HIV/AIDS symptoms?

- a) Primary infection symptoms
- b) Large period of time without any symptoms
- c) Probable AIDS manifestations: skin problems, herpes zoster, pneumonia, bacterial infections.

4. When a couple is having sexual intercourse how can they know that they do not have HIV? Thank you for your time.



The first symptoms appear in 87% of the people infected by HIV virus, they are manifested 2-3 weeks after the infection and they resemble the symptoms of common cold or flu (fever, sore throat, headache, somnolence, exhaustion).

5. How long does it take between the time one gets the disease until it is manifested?

- a) 5-15 years
- b) There is no specific time because it depends on many factors: the person's organism, the virus and the way of life.

6. After how long is it possible to know by blood tests whether one has contracted the disease? What will the symptoms be? Only gay people contract the virus?

In 10 days after the primary infection's symptoms or approximately one month after the risky sexual practice or use of syringes and this is valid for those who do not present symptoms. The first symptoms appear in 87% of the people infected by HIV virus, they are manifested 2-3 weeks after the infection and they resemble the symptoms of common cold or flu (fever, sore throat, somnolence, exhaustion). Everybody can get the virus (men and women, straight and gay people).

7. If someone has a rash or mouth ulcers must he/she worry about the probability of having contracted HIV?

Rash or mouth ulcers are not connected only to HIV infection but also to many other diseases.

8. Somebody who has contracted AIDS is more in danger of catching diseases such as swine flu?

Yes.

9. I would like to ask whether we can understand by ourselves in some way if we have AIDS. I mean without examination. Are there symptoms? Also, which are the ways of transmission and do they involve anything else, other than sexual contact?

In 10 days after the symptoms of primary infection or approximately a month after the risky sexual practice or the use of syringes for those without symptoms. The first symptoms appear in 87% of the people infected by HIV



and they are manifested 2-3 weeks after the infection. The symptoms are those of a common cold or flu (fever, sore throat, headache, somnolence, exhaustion).

Other ways of transmission of the HIV virus are:

- 1) The common use of syringes when drugs are used, 2) Non-professional tattoo and ear piercing, etc. 3) Random piercing with syringes, 4) Infected blood transfusions, 5) Pregnancy, 6) Lactation.

10. What are the first symptoms of AIDS and how do they develop clinically?

Symptoms appear in the mouth, throat and larynx and they also involve fever, loss of weight, skin diseases, herpes, recurrent herpes, fatigue, bacterial infections, rush owed to skin cancer and neurognostic symptoms. All these are caused by opportunistic infections and various pathogenic organisms.

11. After how long does the HIV infection lead to AIDS?

There is no specific time because it depends on many factors:

- a) 5-15 years without pharmaceutical treatment.
- b) It depends on the organism, the virus and the way of life.

12. How can we find out whether we have been infected by the virus?

By having the special antibodies test done.

13. Is HIV connected to other sexually transmitted diseases?

HIV is transmitted in the same way therefore it depends on the practices. Furthermore, sexually transmitted infections assist the transmission of HIV because of the damages they are causing to the skin and the increase of the viral charge of HIV to the people who are seropositive.

14. How can we tell if someone has got AIDS? Are there any obvious external marks? Or do they show at a later stage?

Most people with HIV infection do not seem ill. At an advanced stage, thinning occurs.



15. How is AIDS treated clinically at its initial stages?

Its treatment at the first stages is done with antiretroic drugs. Treatment is very effective and life expectancy is i.e. +50 years when you are 20.

16. There is a view that HIV has not been proved to be responsible for AIDS...are you by any chance serving the interests of the pharmaceutical companies?

We are not serving the interests of the pharmaceutical companies. The virus' existence has been proved beyond doubt and the person who has discovered it, has been awarded the Nobel of Medicine. The clinical development of the disease has been very well studied and it leads to morbidity and to death if not treated. The effectiveness of the antiretroic drugs has been completely proved based on studies and these drugs have been approved by the European Central Medications Organization. Of course, the companies which are producing drugs for any sort of disease such as cancer, diabetes mellitus etc., are selling them to insurance companies and to private agents.

17. While using the RNA methods for the location of the alleged AIDS virus how come you do not know Dr. Kary Mullis who has discovered it? Is it because he is saying that you are making a mistake?

PCR is measuring the virus' quantity in blood beyond any doubt. Of course, like all technologies, it has got its deficits. The causations of Dr. Mullis in relation to whether HIV is causing AIDS occurred in 1995 before the triple treatment had proved its efficiency.

18. The creation of AIDS virus was a well elaborated machine to extinguish people and in this way to avoid wars?

It has not been created by people and unfortunately it is spreading in areas where there is social turmoil and especially wars.

19. Medication is still very expensive. How is this justified by the companies that are supposed to wish to help people?



The pharmaceutical companies are contributing with the research and the investments they make in the medical sector. It is the state that is responsible for the treatment of patients.

20. The prices of drugs are prohibitive for most seropositive people. How do the pharmaceutical companies justify their stance and under what conditions would they be willing to change their invoicing policy?

Of course, this is a question that should be addressed to the companies. However, in relation to the issue of price and of the access to medications, we are in the position to point out some things.

In the western communities pharmaceutical drugs are given free of charge through the national health systems just like the drugs for cancer and other diseases. The prices are fixed by means of negotiations between the companies and the state (especially in Europe) or by means of the free market rules (i.e. in the United States). The price of pharmaceutical drugs should be compared with cost prevention that would be entailed by the absence of pharmaceutical treatment and the consequences in the patients' health. It is known from studies that with the fixed prices in Europe, for each euro of treatment the state saves 3 euros of hospitalization expenses. Furthermore, the improvement of the health of people living with HIV is invaluable. The conditions in the developing countries are different and until a few years ago the situation there was desperate. Following the claims of the non-governmental organizations such as the Doctors without Borders, most pharmaceutical companies agreed not to place any demands for medications' patents in these countries. Also, they have allowed the production of generic drugs by local companies (i.e. Brazil and Africa) or their importation from India or elsewhere. This is a conquest that has left behind a status quo that has to do with the companies' making profit from the developed world while at the same time not impeding the access of the medications they produce to the developing countries (where 90% of people with HIV are residing). Difficulties however remain for the patients living in middle income countries where there coexist large social inequalities, i.e. in Russia.



21. Has HIV virus ever been isolated? If so, who has done it and where is it published? Also, the main cause of death of seropositive people is liver cirrhosis which is not caused by AIDS but...

HIV was isolated in 1983 by F. Barre-Sinoussi and by R. C. Gallo and this is published in Science magazine. The first cause of death of seropositive people internationally is tuberculosis which occurs in those people in whom HIV has caused immune suppression. Liver cirrhosis has a large rate in the West, especially in those countries where seropositive people are also infected by hepatitis C, a fact that is valid for 1/3 of seropositive people in Europe.



3



*Briefing /
Psychology*



[answers of the
KE.EL.P.NO.]



1. What are the antiretroic drugs?

They are drugs against the virus. The antiretroic drugs do not extinguish the virus from the body but they impede it from proliferating and they reduce the virus' harmful influence on the immune system.

2. What should people who are living with a seropositive person know?

They must be informed about the ways the virus is transmitted as well as about the ways that it is NOT transmitted.

3. Has life expectancy of patients suffering from the HIV infection increased from 1997 and up to the present with the introduction of the so called "high efficiency antiretroic treatment"?

Yes? The treatment is reducing significantly the virus' levels in the organism as a result of which people remain healthy but they can transmit the virus.

4. What sort of examinations must people who live with a seropositive patient do?

Only if there are sexual relations without condom or if the condom breaks then one should go to the Control Centers to have a test for HIV antibodies done which



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should be repeated 6-8 weeks after the day of the probable infection by the virus.

5. Is it too much to ask from my partner to be examined for HIV?

INFORMATION - PREVENTION - EXAMINATION

6. Do the AIDS reference centers appear in the internet? How frequently must we have a test done?

Yes, they appear in the site of the Center for the Prevention and Control of Diseases (KE.EL.P.NO) as well as in various sites of MKO. As about the frequency, it is directly related to the degree of the situation's hazardousness.

7. Why are there no lessons about sex since primary school? Why? Why are we afraid to talk from our position as parents about such issues? But since we are afraid, let the state do it at schools!!!

The Ministry of Education decides on such issues.

8. I have found out recently that a friend of mine is most probably a carrier. I do not know how to ask him, I feel a bit strange. I do not want to make him feel bad but he is not saying anything about it himself. I do not know what to do in this case.

A positive HIV diagnosis means a lot and is shattering. It disturbs people's relationship with themselves and with their environment. It takes time for these people to accept the new reality of their lives. In this situation, the only thing friends must do is offer their moral and emotional support.

9. Do people with AIDS die from it?

HIV is now a chronic disease.

10. My question is how the state is fighting the racism carriers are faced with i.e. at work. Thank you.

Measures are taken by the state for the extinction of any form of discrimination against people living with HIV/AIDS.

11. Should carriers inform their relatives and friends about it or should they keep it a secret?



Fear and ignorance create racism. For this reason, we must think of the probable consequences this revelation will have.

12. What should the parents of non-carriers watch? Are these children taken care of in Greece?

Education is for all children. Parents must be necessarily informed correctly about the ways the virus is transmitted as well as about the ways that it is NOT transmitted. Children are being attended by the Special Infections Units.

13. When people are about to enter the state of being sick (viz. of having AIDS) can they return to their previous state viz. of being seropositive?

When people are diagnosed with AIDS then these people are considered as having AIDS even if their CD4s are raised again or even if they recover from the disease that has revealed that the person has AIDS.

14. What should I do if I get a positive diagnosis in the test?

You should go to one of the Special Infections Units where you should be attended by the doctor who will check the development of the HIV virus in your organism. There are also available psychosocial support services provided by the Center for the Prevention and Control of Diseases (Advisory Center at “Andreas Syggros” Hospital) or at the Telephone Line for HIV/AIDS for information and support).

15. Is there any service in Greece for the psychological support of aids carriers?

- The Psychosocial Support Services (KE.EL.P.NO)
- The Counseling Center for HIV/AIDS at “Andreas Syggros” Hospital – Telephone line for HIV-AIDS.

16. Can a seropositive person do sports as a non-carrier does? Physical exercise helps or is it not allowed for carriers?

Exercise helps support the good physical condition of the body and also helps reduce the probable metabolic changes that may occur from the use of the antiretroviral drugs.



17. Aids carriers must follow a specific diet?

The correct diet is a powerful tool for the successful treatment of HIV disease. Consult your doctor in relation to the appropriate nutritional advice that matches you.

18. Also, I have heard of some cases, a few of course, when people who find out that they are seropositive to the virus, they try to contract it to other people too... Why are they doing it? Why are they reacting in this way?

The recorded cases are very few and they have nothing to do with the virus itself, as an infection, but with the person's psychopathology.



[answers from KE.EL.P.NO.]



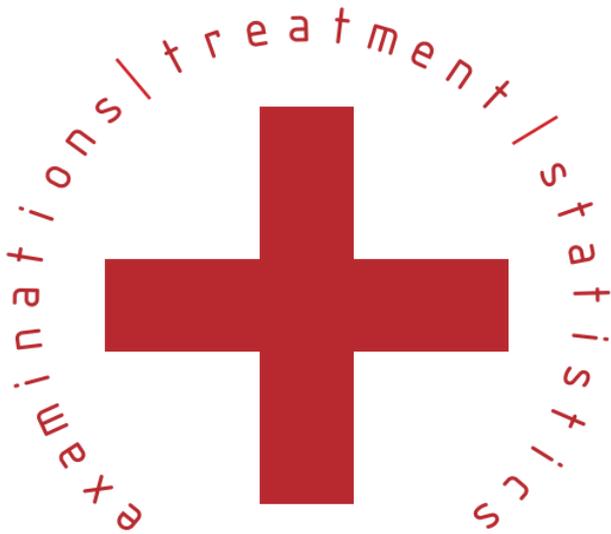
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examinations/

treatment/

statistics/



1. In which age groups does AIDS virus appear more in our country? And which sex does it affect more?

a) The majority of the newly declared HIV seropositive people in Greece – including AIDS cases too – refers to the age between 25-44 years (women: 25-29 years, men: 30-34 years), b) In men (80.9% of the total number of HIV seropositive people in Greece).

2. Finally, is there treatment or is there not?

It is not possible to destroy the virus with the existing medication. There is however the appropriate antiretroic treatment which is able to suppress the virus to such a degree that the immune condition (defense) can return and be maintained, morbidity is reduced as well as mortality and the patients' life quality is maintained.

3. How many carriers are there in Greece?

The total number of HIV seropositive people in Greece (including AIDS cases) declared until 31/10/2010 is 10.452 people.

4. I have heard that drug addicts and colored people have higher infection rates by the virus? Is this valid?

With regards to the intravenous narcotic substance users it should be initially noted that they have high rates of hepatitis B and C infection, diseases directly related to the



development of liver cirrhosis and to hepatocytic cancer. This is owed to the dangerous attitudes adopted by them (i.e. making common use of syringes), a fact that integrates them in a high risk group for infections and also for HIV, with high rates in some specific countries (i.e. Russia, Portugal). In Greece, the intravenous narcotic substance users form the 3.3% of the declared HIV seropositive people, a considerably low rate. However, this fact should not let us rest assured and do nothing about it. On the contrary, measures for the prevention of the virus among users must be taken.

As far as colored people are concerned, there is no genetic predisposition rendering them more susceptible to HIV infection. Unfortunately, however, some conditions and services which are considered standard in our country do not exist in some underdeveloped or developing countries where these people come from. The difficult access to health care, the lack of medicines, the deficient control and the social marginalization of these people are most probably the reasons why they are more susceptible to the virus.

5. Do spermicides kill HIV?

The use of spermicides as the only means of prevention from HIV is not recommended. The use of spermicides containing nonoxynol-9 (N-9) must be avoided because they may be able to deter a probable undesired pregnancy but they are not protecting from the HIV infection or the other sexually transmitted diseases. On the contrary, based on clinical studies, they can increase the danger of infection as they are irritating the mucosa of the vagina and the rectum.

6. Can PAP test locate the virus?

Pap test cannot trace HIV virus. People who want to find out whether they have been infected, they should do a special examination at the AIDS Reference and Control Centers or at the Blood Banks of the state hospitals.

7. When must we do tests?

The HIV test must be done after any sort of contact without condom or after any sort of risky behavior, following the doctor's instructions who will assess the situation's hazardousness. However, in some high risk groups it is recommended that this test must be done every 6 months or annually so that a probable diagnosis will not be



delayed. In general, a check-up at regular intervals is advised for the entire sexually active population.

8. Are the test results confidential?

The results are protected by the principle of medical confidentiality and they are announced in person to the people who have done the test.

9. Where can people do the AIDS test?

HIV tests are done in the following places:

In all public hospitals or after having contacted the doctors of the Special Infections Units or the doctors of the Blood Banks in the hospitals that do not have Special Infections Units.

Also, at the AIDS Reference and Control Centers:

ATHENS: "A. SYGGROS" Hospital for Venereal & Dermatological Diseases (Tel: 210-7249025-6), "EVANGELISMOS" Hospital (Tel: 210-7201242).

THESSALONIKI: Aristotle University of Thessaloniki, Microbiology Lab, School of Medicine (Tel: 2310-999161).

PATRA: "AGHIOS ANDREAS" Hospital of Patra (Tel: 2610-227974)

CRETE: "VENIZELEIO-PANANEIO" Hospital of Iraklion, Crete (Tel: 2810-368142)

ALEXANDROUPOLI: IKA (Tel: 25510-20403, 26810)

10. The simple blood tests that we do in the checkup can discover aids?

The simple complete blood count and the usual biochemistry tests that we do during the regular checkup are not in the position to trace HIV. If someone wants to find out whether he/she has been infected they must do the special test at the AIDS Reference and Control Centers or at the state hospitals' Blood Banks.

11. If someone gets in contact with a carrier's blood what must this person do?

In case of skin contact with a seropositive person's blood and provided that the skin is absolutely integral (without



lysis of its continuation) there is no danger for transmission of the virus. The same is valid when the blood stays in the environment for quite a long period of time, in which case the virus has been destroyed. Should sanguinary sexual contact occur or sanguinary accidents involving people who are seropositive or suspicious for HIV infection or piercing/cutting by objects used by seropositive people, the incidence must be assessed immediately by a Special Infections' Unit within 48-72 hours maximum. Of course, in all cases, the supply of direct care at the exposed area is a must (meticulous washing of the trauma with soap and water or with antiseptic and careful washing of the mucosa-eyes-with plenty of water or normal saline).

12. Are the drugs needed for the treatment paid by the state?

The expense for the pharmaceutical coverage of HIV/AIDS patients is covered fully by the insurance sectors.

13. Why are there more HIV/AIDS incidences in Africa?

The fact that the most HIV/AIDS incidences have occurred in Africa is related to the conditions prevailing in these countries. People living there do not have easy access to hygienic and medical-pharmaceutical care, the standard checkups are not done during pregnancy (as a result of which there is high rate of vertical transmission) and given the circumstances, they often suffer from other underlying diseases that aggravate their health condition (i.e. tuberculosis, malaria, hepatitis). Therefore, as a consequence of the aforementioned factors there is higher rate of HIV seropositive people in the African countries.

14. Is it true that the virus is destroyed as soon as it gets on the external temperature?

In general, HIV virus is very sensitive to its external environment and as opposed to some bacteria or fungi it is not able to reproduce itself outside its host. Therefore, theoretically, there is no danger of its being environmentally transmitted.

15. Is there a saliva AIDS test?

Indeed, there is an antibodies tracing test against HIV that is done with the collection of saliva's sample (oral



mucosal effusion). The test is done anonymously, it is free of charge and its result is produced within a very short period of time (20-25 minutes). For this reason, it is called rapid test. This test is quite precise however if the result is positive, a special confirming method is required for its verification. People who want to do the rapid test can contact the Polyclinic of MKO PRAKSIS (tel. 800 11 11 600).

16. How many years can a child with AIDS live?

HIV infection is now a chronic disease that can be treated with the appropriate antiretroic medications. In General, life expectancy has increased quite a lot in relation to the previous years. However, each patient's survival is a special case and it depends on how fast the diagnosis of the disease will be done, the degree of the patient's compliance with his/her treatment, other coexisting underlying diseases etc.



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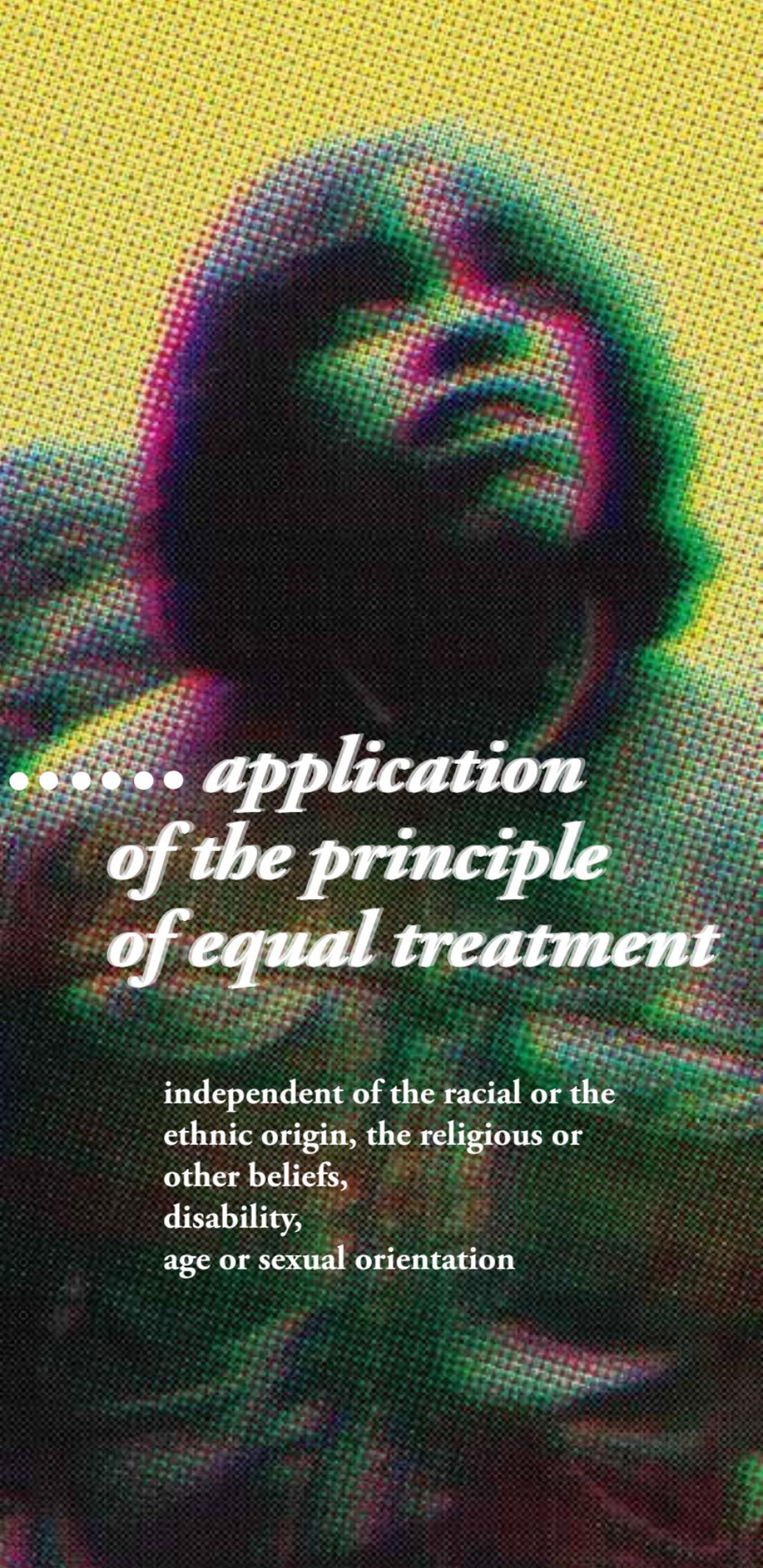
should aboutAids / GENERAL SECRETARIAT OF NEW GENERATION





[Law 3304/2005]

5



..... *application
of the principle
of equal treatment*

independent of the racial or the
ethnic origin, the religious or
other beliefs,
disability,
age or sexual orientation

► Application of the principle of equal treatment

independent of the racial or the ethnic origin, the religious or other beliefs, disability, age or sexual orientation (extracts from Law 3304/2005).

[The full text of Law 3304/2005 is available in the internet at the site:
<http://www.ypakp.gr/uploads/files/2538.pdf>]

Article 1

The aim of the present law is the adoption of a general regulatory frame for the fighting of discriminations due to religious or other beliefs, disability, age or sexual orientation in the sector of employment [...] so that the application of the equal treatment's principle is ensured.

Article 2

The principle of equal treatment

1. The direct or indirect discrimination due to any of the reasons mentioned in article 1 is prohibited.
2. The term discrimination implies also the harassment or any other offending action that is manifested as undesirable behavior related to any of the reasons mentioned in article 1, the aim or the result of which is to insult the person's integrity and to create an intimidating, inimical, humiliating or aggressive environment.



By the term of harassment, ethics are also taken into consideration.

3. By the term discrimination it is also implied any order for the application of discriminating treatment against another person for any of the reasons mentioned in article 1.

Article 3

The sense of discrimination

In relation to discriminations relating to racial or ethnic origin:

- a) Direct discrimination occurs when for reason of racial or ethnic origin a person is treated less favorably than another person would have been in a similar situation.
- b) Indirect discrimination occurs when one, at first sight, neutral provision, criterion or practice can set people of a certain racial or ethnic origin in a disadvantageous position in comparison with other people unless this provision, criterion or practice is justified objectively by a legitimate aim and the means of its achievement are both appropriate and necessary.

Article 4

Field of Application

1. With preservation of paragraph 2 of the present and article 5, the provisions of the present chapter apply for people of the public and private sector, in relation to the following:

- a) The terms of access to work in general, inclusive of the selection criteria and the terms of employment, independent of the activity sector, in all levels of vocational hierarchy as well as the terms of official and vocational development
- b) Access in all types and all levels of vocational orientation, vocational education, training and vocational reorientation, including the acquisition of practical vocational experience,
- c) The terms and condition of employment including those referring to dismissals and to salaries
- d) The member's capacity and the participation in employees' or employers' organizations or in any vocational organization, inclusive of the benefits derived from participation in them
- e) The social protection, including social insurance and health care
- f) The social benefits
- g) The education



- h) The access to the disposition and the supply of goods and services available (by means of transactions) to the public, including housing
2. The provisions of the present chapter are not applied in the cases in which different treatment is provided due to nationality and which do not affect the provisions regulating the entry and the sojourn of third country citizens or of people without citizenship in the country or to the treatment relating to their legal status as third country nationals or people without nationality.

Article 6

Positive action

The taking or the maintenance of special measures aiming to the prevention or the counterbalancing of disadvantages due to racial or ethnic origin does not constitute discrimination.

Article 13

Provision of protection

1. In case of non-maintenance of the principle of equal treatment within the administrative action's framework, the injured party, apart from the judicial protection is entitled to the protection provided in articles 24 to 27 of the Code of Administrative Procedure (Law 1690/1999, Official Gazette 45 A).
2. The expiration of the relationship, within the framework of which the assault has occurred, does not exclude the protection from the violation of the equal treatment's principle.
3. Legal entities - the aim of which is to ensure the maintenance of the principle of equal treatment independent of the racial or ethnic origin, religious or other beliefs, disability, age or sexual orientation – can represent the injured party in court and represent the party at any administrative authority or administrative agent, provided that the injured party's consent has been provided previously by means of a notarial or private document which must contain the authentication of the injured party's signature.

Article 14

The gravity of the proof of evidence

1. When the injured party alleges that the equal treatment's principle has not been maintained and proves in court or at any competent administrative authority true events from which it can be derived that there has oc-



curred direct or indirect discrimination, the opponent is obliged to prove in court or the administrative authority must substantiate that there are no circumstances relating to the violation of this principle.

2. The aforementioned paragraph's regulation is not valid in penal trials.

3. The regulation of paragraph 1 is valid also in the case mentioned in the previous article's paragraph 1.

Article 15

Protection against countermeasures

The essence of protection as implied in article 13 includes also the case of dismissal or unfavorable, in general, treatment of a human being which is manifested as a countermeasure in a complaint or in an application for the provision of legal protection for the purpose of maintaining the principle of equal treatment.

Article 16

Criminal penalties

1. Whoever violates according to the present law the prohibition of the equal treatment's principle for reasons of ethnic or racial origin, religious or other beliefs, disability, age or sexual orientation, during the exchange of goods or the offer of services to the public, will be punished with six (6) months to three (3) years imprisonment and with a fine of one thousand (1.000) to five thousand (5.000) Euros.



It is bad enough that people are dying of
AIDS,
but no one should die of ignorance.

Elizabeth Taylor (1932 - 2011)



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