

HEADS OR TAILS

★ Average Risk of HIV Transmission Per Exposure to Infected Source ★

SOURCE	PERCENTAGE	ODDS
NONSEXUAL MODES[^]		
Blood transfusion	90%	9 in 10
Needle sharing (injection drug use)	0.67%	1 in 149
Needlestick (percutaneous; through the skin)	0.30%	1 in 333
Biting, spitting, throwing body fluids (including semen or saliva), sharing sex toys	negligible	negligible
ORAL SEX[*]		
Receptive partner (example, giving a blow job)	0%–0.04%	0–1 in 2,500
Insertive partner (example, getting a blow job)	~0%	about zero
VAGINAL SEX^{**}		
Risk to female with HIV-positive male partner		
High-income countries	0.08%	1 in 1,250
Low-income countries	0.30%	1 in 333
Risk to male with HIV-positive female partner		
High-income countries	0.04%	1 in 2,500
Low-income countries	0.38%	1 in 263
ANAL SEX^{***}		
Insertive partner's risk (circumcised)	0.11%	1 in 909
Insertive partner's risk (uncircumcised)	0.62%	1 in 161
Receptive partner's risk (without ejaculation)	0.65%	1 in 154
Receptive partner's risk (with ejaculation)	1.43%	1 in 70

★ Other Numbers to Know ★

INCREASE HIV RISK

- ★ Acute infection, roughly the 12 weeks after contracting HIV, can increase transmission likelihood **26 times**, raising a 1.43% risk to **37%**—higher than **1 in 3**. This is because viral load skyrockets during the acute phase.
- ★ Presence of other sexually transmitted infections (STIs) can amplify risk by as much as **8 times**.
- ★ Exposure to gender inequality and intimate partner violence can raise a woman's HIV risk **1.5 times**.

DECREASE HIV RISK

- ★ Circumcision can lower heterosexual men's risk by **60%**.
- ★ Treatment as prevention, TasP, when HIV-positive people on meds maintain an undetectable viral load, can reduce transmission risk by **96%**. Some research hints that the number may approach **100%**.
- ★ Pre-exposure prophylaxis, PrEP, when HIV-negative people take daily med Truvada, can decrease risk by upwards of **92%**, depending on adherence. Post-exposure prophylaxis, PEP, works similarly.
- ★ Condoms, according to the CDC, lower risk on average by **80%**.
- ★ Forms of seroadaptation, such as having condomless sex only with people of your same sero status, can also lower risk, but the outcomes vary.

[^]HIV Transmission Risk Factsheet, Centers for Disease Control and Prevention, July 2012; ^{*}Julie Fox et al., Quantifying Sexual Exposure to HIV Within an HIV-Serodiscordant Relationship: Development of an Algorithm. AIDS, 2011; ^{**}Summarized from Boily MC et al. Heterosexual Risk of HIV-1 Infection Per Sexual Act: Systematic Review and Meta-analysis of Observational Studies. Lancet Infect Dis 9: 118-29, 2009; ^{***}Jin F et al. Per-Contact Probability of HIV Transmission in Homosexual Men in Sydney in the Era of HAART. AIDS, published online ahead of print, 2010.