

**Guidelines
for counselling
about HIV infection
and disease**



WORLD HEALTH ORGANIZATION
GENEVA
1990

Recommendations to HIV-infected persons

- Inform former and current sexual partners about your HIV infection and recommend that they visit a testing centre or health care provider for counselling and evaluation (including, if available, serological testing). If you are unable or unwilling to notify former and current sexual partners personally, request health workers or public health agencies to notify or help with notifying such partners.
- Inform potential sexual partners of your HIV infection and either decide to avoid sexual intercourse, rigorously restricting sexual contact to activities (e.g., hugging, caressing) that do not involve sharing of semen, vaginal and cervical secretions, or blood, or discuss the precautions that need to be taken to minimize the risk of HIV transmission from sexual activity (e.g., the use of condoms).