



Englisch **HIV and AIDS**



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This booklet informs about HIV and AIDS and how to protect yourself and others against infection. There is also information about health insurance, AIDS service organizations (AIDS-Hilfen) and other agencies where you can get help and advice.

HIV and AIDS- basic information

What is HIV?

HIV stands for Human Immunodeficiency Virus. This virus weakens the immune system with which the body fights many diseases. For a certain time, which is often several years, the body can keep HIV under control. During this period, a person with HIV may feel completely healthy. Often, however, the body will need the help of medicine to keep the virus under control.

What is AIDS?

AIDS stands for Acquired Immune Deficiency Syndrome. Persons infected with HIV can get the disease AIDS. In this case, their immune system is so weak that they can get serious infections, allergies and cancer. Anti-HIV medicines can prevent the outbreak of AIDS for a long time. If the disease has already broken out, these medicines can bring about an improvement.

What does HIV do to the body?

HIV attacks white blood cells, which are called CD4 cells. These cells are very important because they control other cells of the immune system in fighting diseases. HIV enters CD4 cells and uses them to make copies of itself. The new viruses then attack more CD4 cells. As time goes on, there are ever fewer CD4 cells and ever more viruses. The fewer CD4 cells and the more viruses are in the body, the easier the person with HIV can get other diseases.

How can you get HIV, and how not?

You cannot get HIV just by touching someone or through the air, so you cannot get HIV through normal everyday contact with people. People who do not have HIV can live and work with someone who has HIV and do not need to fear catching the virus.

You **cannot** get HIV from:

- Shaking hands, hugs, touches
- Someone who coughs or sneezes on you
- Using toilets, baths or saunas
- Using the same plates, glasses and cutlery
- Caring for HIV-infected persons
- Insect bites or stings.

You also **cannot** get HIV from saliva, tears, sweat, urine or excrement.

You **can get** HIV from:

- Blood
- Sperm (semen, cum)
- Vaginal fluid
- Breast milk.

HIV is especially transmitted:

- During sex
- When injecting drugs with a syringe/needle already used by another person.

Infected mothers can pass HIV to their children

- During pregnancy
- During birth
- While breastfeeding.

How do you protect yourself and others from HIV?

Sex

People can get HIV from sex when the penis enters the vagina or anus and there is no condom on the penis. If a condom is used, you can prevent yourself from catching HIV or giving HIV to your sex partner. Using a condom can also protect you and your sex partner from other diseases that you can catch during sex.

Condoms only provide protection when used correctly!

Condoms and lubricants

- You can get condoms from pharmacies, drug stores, supermarkets and sex shops, as well as from machines (in toilets in restaurants, bars and discos).
- Only use condoms which have "ISO 4074:2002" stamped on the package.

- Do not use old condoms. Every condom package has an expiration date marked on it. The condom should be used before that date.
- Protect condoms from heat and direct sunlight so that they are not damaged.
- During anal sex always use a lubricant with a condom so that the penis can slide in and out more easily. If you do not use a lubricant, the condom might break. It can also be helpful to use a lubricant during vaginal sex (especially if the woman has little vaginal fluid).
- Only use *lubricants that do not contain fat* (water-soluble). Lubricants with fat (like butter, margarine, oil, lotion, or Vaseline) damage the condom. It then no longer provides protection. You can get lubricants from pharmacies, drugstores, and sex shops. They are often on a shelf near the condoms.

How to use condoms

- Open the package carefully so you do not tear the condom. Fingernails, teeth, and other sharp or pointed objects can damage the condom.
- The condom should be put on the hard penis *before* you have sex, meaning before the penis enters the vagina or

anus. When putting it on, press the tip of the condom with your fingers so that there is space for the sperm.

- Unroll the condom over the penis as far down as possible.
- Right after ejaculation hold the condom at the base of the penis while pulling the penis out.
- Throw the used condom away into a trash bin (not into the toilet!).

Oral sex

Licking or sucking the penis: You can get HIV if you suck a man's penis and he comes in your mouth. Or vice versa: your partner can become infected if he/she gets sperm in his/her mouth. You can make sucking safer by putting a condom on the penis first.

Licking the vagina: Here the risk of infection is very low, because the amount of vaginal fluid which comes into your mouth is usually small and also "thinned" by the saliva. But if the woman is having her period (menstruation), the risk of getting HIV is high because there is a lot of HIV in blood.

If someone with HIV licks your penis or vagina, you will not get infected because there is only a very small amount of HIV in saliva.

Injecting drugs

If you use someone else's syringe/needle to inject drugs, the risk of getting HIV and other diseases (like hepatitis B and C) is very high: there is always some blood left in the syringe/needle after using drugs, which is then shot into the vein of the next user. The risk is so high because there is a lot of HIV in blood. It is also risky to use someone else's other equipment such as spoon, filter, swab, and water.

How to protect yourself and others when you inject drugs

Always use your own syringe/needle and equipment and don't let people use yours. Many AIDS service organizations (*AIDS-Hilfen*) and drug centres will give you clean syringes/needles. If there is only a dirty syringe/needle at hand, you should at least clean it before you use it again (see below).

Be sure to throw away your old syringe/needle safely. You can put it in a tin can, crush the can to stop the syringe/needle from falling out, and put the can in a trash bin.

Cleaning syringes

Always use a new syringe/needle. If this is not possible, you should at least clean the syringe/needle. Here's how to do it:

- Carefully wash your hands.

- Clean the syringe/needle thoroughly and rinse it out with cold water.
- Then take the syringe apart and put everything in boiling water for at least 15 minutes. Even if the syringe is plastic you should boil it, but only three times. After that, it will be damaged.
- After boiling, put all pieces together again, taking care that you only touch the rear end of the plunger.

When used correctly, this method can destroy HIV and also hepatitis viruses. However, it is not one hundred percent safe.

Mothers and their children

If a woman has HIV, she can give it to her baby while it is still in her womb, during birth, and by breastfeeding the baby. However, the HIV risk for the child can be reduced:

- If the woman takes anti-HIV medicines during pregnancy. This treatment has to be supervised by a doctor.
- If the baby is taken out through the mother's belly by a C-section (an operation) before contractions begin.
- If the baby gets anti-HIV medicines for a short period after birth.
- If the mother does not breastfeed the baby.

How do you know if you have HIV?

The HIV test

If you think you could be infected with HIV, you can go to a doctor or to the public health department ("Gesundheitsamt") and have an HIV test. This test shows if you have HIV. Before you take the test you should talk to a counsellor, for example from the public health department or a local AIDS service organization (*AIDS-Hilfe*). You will be told there whether and when it would make sense for you to take a test. You can also get there brochures and addresses from other organizations where you can get help and advice (see addresses on page 20).

How does the HIV test work?

When you go for an HIV test, they take a small amount of your blood and send it to a lab. There your blood is tested for HIV antibodies. These are proteins which the body forms after being infected by HIV.

When does it make sense to have an HIV test?

After being infected by HIV it usually takes one to three months until antibodies have formed against HIV. This means that you should wait at least three months after the last risk situation before having an HIV test. If you get a test sooner, it might be that no HIV antibodies are found even though you are infected.

What does the test result mean?

After about one week your blood sample comes back from the lab. You should always find out the result of your test in person and not over the telephone. It will be either "negative" or "positive":

- If the test does not find HIV antibodies in your blood, the result is "negative". A negative result means that you do not have HIV.
- If the test does find HIV antibodies in your blood, the result is "positive". This means that you have HIV. A positive result will not tell you if or when you will get AIDS.

What are the benefits of anti-HIV medicines?

Anti-HIV medicines prevent the virus from spreading in the body and thus stabilize the immune system. In HIV therapy (ART = antiretroviral therapy) various medicines are used together (combination therapy). Many people with HIV who undergo this therapy enjoy improved health and live longer. However, the therapy does not have the same effect on everyone, and it cannot remove the virus from the body. Moreover, it can also have (sometimes serious) side effects, such as diarrhoea, fever, nausea, rashes or nerve inflammations.

Ask your doctor whether and when you should start therapy and which medicines you should take. It is important to take the anti-HIV medicines regularly and as prescribed by the doctor since they will not work otherwise. If you have questions about HIV therapy, you can also ask your local AIDS service organization (*AIDS-Hilfe*) or other people who already take anti-HIV medicines.

What should you do if you feel sick or need help?

If you feel sick...

... you should go to a family doctor or general practitioner as soon as possible. He or she will check you and then send you to a specialist if you need it. For example, there are specialists for internal medicine, gynaecology, and pediatrics, for dermatology and sexually transmitted diseases. If you are HIV-positive, you should definitely see a physician who is familiar with HIV infections. Addresses of such "HIV doctors" you can get from the local AIDS service organizations (*AIDS-Hilfen*).

Health insurance

If you have a job...

... you should have health insurance already. In this case, the insurance will pay for the doctor and the treatments, as well as hospital stays. However, you must pay, for example:

- €10 practice fee (*Praxisgebühr*) once every quarter year for physician or dentist visits, if you are 18 or older. If the doctor sends you to a specialist with a referral (*Überweisung*), you do not pay any more there within the same quarter year. There is no practice fee for check-ups and examinations for early diagnosis (such as: pregnancy checkups, vaccinations, check-ups at the dentist).
- per medicine normally 10% of its price, but at least €5 and a maximum of €10. If the cost is below €5, you pay the actual price. But there are also medicines for which you do not have to pay anything out of your own pocket.
- €10 daily for hospital stays, and this 28 days per calendar year.

Important: You should keep all payment receipts: When you have reached the maximum payment limit (2% of your gross annual income; if your doctor certifies that you are chronically ill, for example HIV-positive and undergoing therapy, 1% of your gross annual income), the insurance company will certify that you don't have to pay any additional payments for the rest of the calendar year.

In order to work ...

... you need to obtain permission from the German authorities if you are not from one of the EU (European Union) countries. You can apply for this at the Alien Department (*Ausländerbehörde*). For further information you should contact one of the or-

ganizations listed on page 20. They can also inform you there about the other regulations of the new immigration law (*Zuwanderungsgesetz*) which went into effect on 1 January 2005.

If you receive social welfare benefits ...

... you have public health insurance (if you are not independently insured). You then receive the same services as all other persons who are publicly insured. However, you must also pay the practice fee and the normal additional payments (unless you have been freed from payment because you have reached the payment limit; see page 14) and the full price for all non-refundable (*nicht erstattungsfähigen*) medicines.

If you have applied for asylum ...

... you do not have public health insurance and therefore don't have to pay the practice fee and additional payments for medicines. However, some doctors and pharmacists do not know this and demand money. If this happens to you, you should not pay, but rather go to a local AIDS service organization (*AIDS-Hilfe*), where you will be helped.

If you must go to the doctor or dentist, you apply for a sickness certificate (*Krankenschein*) from the social welfare office. In emergencies, you can naturally go to the doctor immediately for treatment. The social welfare office also pays the costs for hospital stays whatever illness you have. There are no special rules for HIV infection or AIDS.

Perhaps you are insured by a private insurance company ...

... because you are, for example, a student or you have a scholarship. In case the insurance company refuses to prolong your contract, you can only change over to public insurance:

- If you sign a work agreement subject to social insurance contribution, or
- Enter into marriage or a "registered partnership" (*eingetragene Partnerschaft* for same-sex couples) with a person who has a German passport or a right of abode and is publicly insured. You are then covered by the family insurance.

Medicines

If you need medicine ...

... you need a prescription from the doctor to get it from the pharmacy. You will need to pay some money for each medicine you receive, even if you are insured (unless you have been freed from payment because you have reached the payment limit; see page 14). You have to pay the full price for all "non-refundable" (*nicht erstattungsfähigen*) medicines. This also applies if you receive unemployment benefits, social welfare benefits or payments based on the asylum-seeker benefit law (*Asylbewerberleistungsgesetz*).

HIV positive: Where can I get help?

If you are HIV positive, you will surely have many questions and want to talk to other people so that you will not be alone with the problem. In this situation it can help to talk with people who you can trust. This can be, for example, your best friend or a counsellor from the local AIDS service organization (*AIDS-Hilfe*), the public health department or an advising center.

AIDS service organizations (AIDS-Hilfen)

The AIDS service counsellors have a lot of experience helping people in your situation. You do not have to give your name to the AIDS service. If you need help, they will listen to you even if you do not speak much German. Don't worry: everything you tell them is private. They will not tell other people anything. In Germany, counsellors are obligated to maintain confidentiality by law. The counsellor can also give you the addresses of doctors who are HIV specialists. And they can help if you don't understand what your doctor tells you. They will then try to explain the matter to you.

You do not have to pay for the help of the AIDS service organizations. Everything is free. The addresses of the AIDS service organizations are on page 20.

Other organizations

There are many other organizations that can help you with special problems, like a place to live or problems with drugs. If you are having trouble with the immigration office (for example, your application for asylum has been rejected or your visa has run out), the organization can make an application with the immigration office for a visa due to humanitarian reasons because you have HIV or AIDS. There *may be a chance* for you to get a special temporary visa.

When you go for help, the social workers will try to find written information in your language. On page 28 you will find a list of organizations that can help with special problems.

The German AIDS Foundation (Deutsche AIDS-Stiftung)

If you need money to help pay for things like a refrigerator or a washing machine, you can ask the German AIDS Foundation for help. They may even help to pay for a German course, a driver's license, or a computer course.

To get help, you need to fill out a form from the German AIDS Foundation. Your local AIDS service organization (*AIDS-Hilfe*) will help you with this. The Foundation gets the form and makes a decision about whether to give you the money.

Anti-HIV therapies and other medicines: Tips and advice

- Your medicine is prescribed only for you. You should do just what your doctor says. If you take too much or too little medicine, it will not work and you can get very sick.
- Be sure no one else – especially children! – can take your medicine.
- When you travel, you should take enough medicine with you and put the medicine in a plain (neutral) package. You can get plain packages from your pharmacist. Talk to your doctor about your trip so you can get a letter from him/her to help you if you need to go to a doctor somewhere else.
- Tell your doctor if you are taking herbs or other traditional medicine from your native country to help with HIV. These may have severe side effects if taken together with other medicines.

Addresses

Local AIDS service organizations (AIDS-Hilfen)

AIDS-Hilfe Aachen e.V.
Zollernstr. 1
52070 Aachen
Tel.: 0241 / 53 25 58
info@aidshilfe-aachen.de

AIDS-Hilfe Westmünsterland e.V.
Marktstr. 16
48683 Ahaus
Tel.: 02561 / 97 17 36
info@westmuensterland.aidshilfe.de
http://westmuensterland.aidshilfe.de

AIDS-Hilfe Ahlen e.V.
Königstr. 9
59227 Ahlen
Tel.: 02382 / 31 93
aids-hilfe-ahlen@t-online.de
http://www.aidshilfe-online.de

Augsburger AIDS-Hilfe e.V.
Ulmer Str. 182
86156 Augsburg
Tel.: 0821 / 25 92 69-0
info@augzburg.aidshilfe.de
http://augzburg.aidshilfe.de

AIDS-Hilfe Bergisch Gladbach –
Rheinisch-Bergischer Kreis e.V.
Odenthaler Str. 24
51465 Bergisch Gladbach
Tel.: 02202 / 45 81 81
info@aidshilfe-gl.de
aidshilfegt@netcologne.de
www.aidshilfe-gl.de

Berliner AIDS-Hilfe e.V.
Meinekestr. 12
10719 Berlin
Tel.: 030 / 88 56 40-0
email@berlin.aidshilfe.de
http://berlin.aidshilfe.de

connect plus e.V.
Dresdener Str. 109
10179 Berlin
Tel.: 030 / 28 04 64 82
mail@connect-plus.org
http://www.connect-plus.org

Felix Pflagesteam gGmbH
Ritterstr. 11
10969 Berlin
Tel.: 030 / 6 91 80 33
info@felix-pflagesteam.de
http://www.felix-pflagesteam.de

Fixpunkt e. V. - Verein für
suchtbegleitende Hilfen e.V.
Boppstr. 7
10967 Berlin
Tel.: 030 / 6 92 22 60
verein@fixpunkt.org
http://www.fixpunkt.org

Mann-O-Meter e.V.
Gay Switchboard
Bülowstr. 106
10783 Berlin
Tel.: 030 / 2 16 80 08
info@mann-o-meter.de
http://www.mann-o-meter.de

Orden der perpetuellen Indulgenz e.V.
Hasenheide 13
10967 Berlin
Tel.: 030 / 2 13 79 45
mutterhaus@derorden.de
http://www.derorden.de

Schwulenberatung & Kursiv e.V.
Mommensstr. 45
10629 Berlin
Tel.: 030 / 23 36 90 70
info@schwulenberatungberlin.de
http://www.Schwulenberatungberlin.de

SUB/WAY Berlin e.V.
Nollendorferstr. 31
10777 Berlin
Tel.: 030 / 2 15 57 59
jungs@subway-berlin.de
http://www.subway-berlin.de

ZIK „Zuhause im Kiez“
Perleberger Str. 27
10559 Berlin
Tel.: 030 / 3 98 96 00
zuhause@zik-gmbh.de
http://www.zik-ggmbh.de

AIDS-Hilfe Bielefeld e.V.
Ehrentruper Weg 45a
33604 Bielefeld
Tel.: 0521 / 13 33 88
info@aidshilfe-bielefeld.de
http://www.aidshilfe-bielefeld.de

AIDS-Hilfe Bochum e.V.
Harmoniestr. 4
44787 Bochum
Tel.: 0234 / 5 19 19
info@bochum.aidshilfe.de
http://bochum.aidshilfe.de

AIDS-Hilfe Bonn e.V.
Rathausgasse 6
53111 Bonn
Tel.: 0228 / 94 90 90
ahb@aids-hilfe-bonn.de
http://www.aids-hilfe-bonn.de

Braunschweiger AIDS-Hilfe e.V.
Eulenstr. 5
38114 Braunschweig
Tel.: 0531 / 5 80 03-0
info@braunschweig.aidshilfe.de
http://braunschweig.aidshilfe.de

AIDS-Hilfe Bremen e.V.
Sielwall 3
28203 Bremen
Tel.: 0421 / 7 19 25
info@aidshilfe-bremen.de
http://www.aidshilfe-bremen.de

Rat & Tat
Theodor-Körner-Str. 1
28203 Bremen
Tel.: 0421 / 70 00 07
aidsberatung@ratundtat-bremen.de
http://www.ratundtat-bremen.de

Cellesche AIDS-Hilfe e.V.
Breite Str. 40
29221 Celle
Tel.: 05141 / 2 36 46
cellesche-aidshilfe@t-online.de

AIDS-Hilfe Chemnitz e.V.
Karl-Liebknecht-Str. 17b
09111 Chemnitz
Tel.: 0371 / 41 52 23
info@chemnitz.aidshilfe.de
http://chemnitz.aidshilfe.de

AIDS-Hilfe Darmstadt e.V.
Elisabethenstr. 45
64283 Darmstadt
Tel.: 06151 / 2 80 73 -74
info@darmstadt.aidshilfe.de
http://darmstadt.aidshilfe.de

AIDS-Hilfe Dortmund e.V.
Möllerstr. 15
44137 Dortmund
Tel.: 0231 / 18 88 77-0
info@aidshilfe-dortmund.de
http://www.aidshilfe-dortmund.de

AIDS-Hilfe Dresden e.V.
Bischofsweg 46
01099 Dresden
Tel.: 0351 / 4 41 61 42
info@aidshilfe-dresden.de
http://www.aidshilfe-dresden.de

AIDS-Hilfe Düsseldorf e.V.
Oberbilkler Allee 310
40227 Düsseldorf
Tel.: 0211 / 77 09 50
info@duesseldorf.aidshilfe.de
http://duesseldorf.aidshilfe.de

AIDS-Hilfe Duisburg/Kreis Wesel e.V.
Friedenstr. 100
47053 Duisburg
Tel.: 0203 / 66 66 33 oder 66 62 22
info@aidshilfe-duisburg-kreis-wesel.de
www.aidshilfe-duisburg-kreis-wesel.de

AIDS-Hilfe Thüringen e. V.
Windthorststr. 43 a
99096 Erfurt
Tel.: 0361 / 7 31 22 33
info@erfurt.aidshilfe.de
http://erfurt.aidshilfe.de

AIDS-Hilfe Essen e.V.
Varnhorststr. 17
45127 Essen
Tel.: 0201 / 1 05 37 00
info@aidshilfe-essen.de
http://www.aidshilfe-essen.de

AIDS-Hilfe Frankfurt e.V.
Friedberger Anlage 24
60316 Frankfurt
Tel.: 069 / 40 58 68-0
info@frankfurt.aidshilfe.de
http://frankfurt.aidshilfe.de

AIDS-Hilfe Freiburg e.V.
Büggenteuterstr. 12
79106 Freiburg
Tel.: 0761 / 27 69 24
kontakt@aidshilfe-freiburg.de
http://www.aids-hilfe-freiburg.de

AIDS-Hilfe Fulda e.V.
Friedrichstr. 4
36037 Fulda
Tel.: 0661 / 7 70 11
aids-hilfe.fulda@t-online.de
http://www.sozialnetz-hessen.de/aidshilfe

AIDS-Hilfe Gießen e.V.
Diezstr. 8
35390 Gießen
Tel.: 0641 / 39 02 26
ah-gi@t-online.de
www.sozialnetz-hessen.de/aidshilfe

Göttinger AIDS-Hilfe e.V.
Obere Karspüle 14
37073 Göttingen
Tel.: 0551 / 4 37 35
info@goettingen.aidshilfe.de
http://goettingen.aidshilfe.de

AIDS-Hilfe Goslar e.V.
Kniggenstr. 4
38640 Goslar
Tel.: 05321 / 4 25 51
aidshilfe.goslar@t-online.de
http://www.aidshilfe-goslar.de

AIDS-Hilfe Oberbergischer Kreis e.V.
Martinstr. 1
51645 Gummersbach
Tel.: 02261 / 80 78 02
info@aidshilfe-oberberg.de
http://www.aidshilfe-oberberg.de

AIDS-Hilfe Gütersloh e.V.
Hohenzollernstr. 26
33330 Gütersloh
Tel.: 05241 / 22 13 44
info@aidshilfe.gtl.de
http://www.aidshilfe.gtl.de

JES - Jugend-, Drogen- und AIDS-Hilfe
Gunzenhausen und Umgebung e.V.
Leonhardruhstr. 6
91710 Gunzenhausen
Tel.: 09831 / 61 98 67

AIDS-Hilfe Hagen e. V.
Körner Str. 82
58095 Hagen
Tel.: 02331 / 33 88 33
info@aidshilfe-hagen.de
http://www.aidshilfe-hagen.de

AIDS-Hilfe Halberstadt e.V.
Juri-Gagarin-Str. 19
38820 Halberstadt
Tel.: 03941 / 60 16 66
aids-hilfe-halberstadt@t-online.de

AIDS-Hilfe Halle e.V.
Böllberger Weg 189
06110 Halle/Saale
Tel.: 0345 / 5 82 12 70
info@halle.aidshilfe.de
http://halle.aidshilfe.de

AIDS-Hilfe Hamburg e.V.
Projekt Struensee-Centrum
Lange Reihe 30 - 32
20099 Hamburg
Tel.: 040 / 23 51 99-0
info@aidshilfe-hamburg.de
http://www.aidshilfe-hamburg.de/

BASIS-Projekt e.V.
Knorrestr. 5
20099 Hamburg
Tel.: 040 / 24 96 94
basisprojekt@t-online.de
http://www.basis-projekt.de

Hein & Fiete
Hamburgs schwuler Infoladen
Pulverteich 21
20099 Hamburg
Tel.: 040 / 24 04 40
info@heinfiete.de
http://www.heinfiete.de

Palette e.V.
Lippmannstr. 22
22767 Hamburg
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gs@palette-hamburg.de
http://www.palette-hamburg.de

AIDS-Hilfe Hamm e.V.
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info@hamm.aidshilfe.de
http://hamm.aidshilfe.de

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30159 Hannover
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info@hannover.aidshilfe.de
http://hannover.aidshilfe.de

SIDA e.V.
Rundestr. 10
30161 Hannover
Tel.: 0511 / 66 46 30
SIDA-e.V.Hannover@t-online.de

AIDS-Hilfe Westküste e.V.
Große Westerstraße 30
25746 Heide
Tel.: 0481 / 76 76
info@aidshilfe-westkueste.de
http://www.aids-hilfe-westkueste.de

AIDS-Hilfe Heidelberg e.V.
Rohrbacher Str. 22
19115 Heidelberg
Tel.: 06221 / 16 17 00
aidshilfe-heidelberg@t-online.de
http://www.aidshilfe-heidelberg.de

AIDS-Hilfe Unterland e.V.
Dammstr. 34/2
74076 Heilbronn
Tel.: 07131 / 8 90 64
aidshilfe.unterland@t-online.de

AIDS-Hilfe Herne e.V.
Hauptstr. 94
44651 Herne
Tel.: 02325 / 6 09 90

Hildesheimer AIDS-Hilfe e.V.
Bernwardstr. 3
31134 Hildesheim
Tel.: 05121 / 13 31 27
info@hildesheimer-aids-hilfe.de
http://www.hildesheimer-aids-hilfe.de

AIDS-Hilfe Kaiserslautern e.V.
Pariser Str. 23 /Eingang Bleichstr.
67655 Kaiserslautern
Tel.: 0631 / 1 80 99
info@kaiserslautern.aidshilfe.de
http://Kaiserslautern.aidshilfe.de

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76133 Karlsruhe
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http://aidshilfe-karlsruhe.de

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34117 Kassel
Tel.: 0561 / 10 85 15
info@kassel.aidshilfe.de
http://kassel.aidshilfe.de

AIDS-Hilfe Kiel e.V.
Königsweg 19
24103 Kiel
Tel.: 0431 / 57 05 80
info@aidshilfe-kiel.de
http://www.aidshilfe-kiel.de

AIDS-Hilfe Kreis Kleve e.V.
Lindenallee 22
47533 Kleve
Tel.: 02821 / 76 81 31
info@aids-kleve.de
http://www.Aids-Kleve.de

AIDS-Hilfe Koblenz e.V.
Stegemannstr. 12
56068 Koblenz
Tel.: 0261 / 1 66 99
info@koblenz.aidshilfe.de
http://koblenz.aidshilfe.de

AIDS-Hilfe Köln e.V.
Beethovenstr. 1
50674 Köln
Tel.: 0221 / 20 20 30
info@koeln.aidshilfe.de
http://koeln.aidshilfe.de

AIDS-Hilfe Konstanz e.V.
Münzgasse 29
78462 Konstanz
Tel.: 07531 / 2 11 13
info@aidshilfe-konstanz.de
http://www.aidshilfe-konstanz.de

AIDS-Hilfe Krefeld e.V.
Rheinstr. 2-4
47799 Krefeld
Tel.: 02151 / 77 50 20
info@krefeld.aidshilfe.de
http://krefeld.aidshilfe.de

AIDS-Hilfe Landau e.V.
Weißenburger Str. 2B
76829 Landau
Tel.: 06341 / 8 86 88
info@aids-drogen-jugendhilfe.de
http://aids-drogen-jugendhilfe.de

AIDS-Hilfe Leipzig e.V.
Ossietykstr. 18
04347 Leipzig
Tel.: 0341 / 2 32 31 26
info@leipzig.aidshilfe.de
http://leipzig.aidshilfe.de

AIDS-Hilfe Leverkusen e. V.
Lichstr. 36 a
51373 Leverkusen
Tel.: 0214 / 40 17 66
aids-hilfe-leverkusen@t-online.de

AIDS-Hilfe Emsland e.V.
Mühlenstiege 3
49808 Lingen
Tel.: 0591 / 5 41 21
info@aidshilfe-emsland.de
http://www.aidshilfe-emsland.de

Lübecker AIDS-Hilfe e.V.
Ebeling-Haus
Engelsgrube 16
23552 Lübeck
Tel.: 0451 / 7 25 51
info@luebecker-aids-hilfe.de
http://www.luebecker-aids-hilfe.de

AIDS-Hilfe Lüneburg e.V.
Am Sande 50
21335 Lüneburg
Tel.: 04131 / 40 35 50
info@aidshilfe-lueneburg.de
http://www.aidshilfe-lueneburg.de

AIDS-Hilfe Mainz e.V.
Mönchstr. 17
55130 Mainz
Tel.: 06131 / 22 22 75
kontakt@aidshilfemainz.de
http://www.aidshilfemainz.de

AIDS-Hilfe Mannheim/Ludwigshafen e.V.
L 10 / 8
68161 Mannheim
Tel.: 0621 / 2 86 00
info@aidshilfe-malu.de
http://www.aidshilfe-malu.de

AIDS-Hilfe Marburg e.V.
Bahnhofstr. 27
35037 Marburg
Tel.: 06421 / 6 45 23
mail@marburg.aidshilfe.de
http://marburg.aidshilfe.de

AIDS-Hilfe im Märkischen Kreis e.V.
An der Stadtmauer 4a
58706 Menden
Tel.: 02373 / 1 20 94
info@maerkischerkreis.aidshilfe.de
http://maerkischerkreis.aidshilfe.de

AIDS-Hilfe Mönchengladbach/Rheydt e.V.
Hindenburgstr. 113
41061 Mönchengladbach
Tel.: 02161 / 17 60 23
ah-mg@t-online.de
http://www.aidshilfe-mg.de

Münchner AIDS-Hilfe e. V.
Lindwurmstr. 71
80337 München
Tel.: 089 / 54 46 47-0
beratungsstelle@muenchner-aidshilfe.de
http://www.muenchner-aidshilfe.de

AIDS-Hilfe Münster e.V.
Schaumburgstr. 11
48145 Münster
Tel.: 0251 / 6 09 60-0
aids-hilfe-muenster@t-online.de
http://www.muenster.org/Aids-Hilfe

Elterninitiative HIV-betroffener Kinder e.V.
Poststr. 16
41334 Nettetal/Kaldenkirchen
Tel.: 02157 / 81 12 22
ehk-kids@arcor.de
http://www.ehk-kids.de

Neubrandenburger AIDS-Hilfe e.V.
Tilly-Schanzen-Str. 2
17033 Neubrandenburg
Tel.: 0395 / 5 44 17 41
aids-hilfe-nb@t-online.de
http://www.aidshilfe-nb.de

AIDS-Hilfe Neumünster e.V.
Wasbecker Str. 93
24534 Neumünster
Tel.: 04321 / 6 68 66
info@aids-hilfe-neumuenster.de
http://www.aids-hilfe-neumuenster.de

AIDS-Hilfe Grafschaft Bentheim e.V.
Bentheimer Str. 35
48529 Nordhorn
Tel.: 05921 / 7 65 90

AIDS-Hilfe Nürnberg-Erlangen-Fürth e.V.
Entengasse 2
90402 Nürnberg
Tel.: 0911 / 2 30 90 35
info@aidshilfe-nuernberg.de
http://www.aidshilfe-nuernberg.de

AIDS-Hilfe Oberhausen e.V.
Elsässer Str. 24
46045 Oberhausen
Tel.: 0208 / 80 65 18
info@aidshilfe-oberhausen.de
http://www.aidshilfe-oberhausen.de

AIDS-Hilfe Offenbach e.V.
Frankfurter Str. 48
63065 Offenbach
Tel.: 069 / 88 36 88
info@offenbach.aidshilfe.de
http://offenbach.aidshilfe.de

AIDS-Hilfe Offenburg e. V.
Postfach 100 101
77621 Offenburg
Tel.: 0781 / 7 71 89
info@aids-hilfe-offenburg.de
http://www.aids-hilfe-offenburg.de

Oldenburgische AIDS-Hilfe e.V.
Bahnhofstr. 23
26122 Oldenburg
Tel.: 0441 / 1 45 00
oldenburgische.aids-hilfe@ewetel.net
http://aidshilfe-oldenburg.de

AIDS-Hilfe Kreis Olpe e.V.
Kampstr. 26
57462 Olpe
Tel.: 02761 / 4 03 22
aids.hilfe@aids-hilfe-kreis-olpe.de
http://www.aids-hilfe-kreis-olpe.de

AIDS-Hilfe Osnabrück e.V.
Möserstr. 44
49074 Osnabrück
Tel.: 0541 / 80 10 24
mail@aidshilfe-osnabrueck.de
http://www.aidshilfe-osnabrueck.de

AIDS-Hilfe Paderborn e.V.
Friedrichstr. 51
33102 Paderborn
Tel.: 05251 / 28 02 98
info@paderborn.aidshilfe.de
http://paderborn.aidshilfe.de

AIDS-Hilfe Pforzheim e. V.
Goldschmiedeschulstr. 6
75173 Pforzheim
Tel.: 07231 / 44 11 10
info@ah-pforzheim.de
http://www.ah-pforzheim.de

AIDS-Hilfe Potsdam e.V.
Kastanienallee 27
14471 Potsdam
Tel.: 0331 / 95 13 08 51
info@aidshilfe-potsdam.de
http://www.aidshilfe-potsdam.de

AIDS-Hilfe Bodensee/Oberschwaben e.V.
Deisenfangstr. 47
88212 Ravensburg
Tel.: 0751 / 35 40 72
aids-hilfe.ravensburg@web.de

AIDS-Hilfe Regensburg e.V.
Wollwürgergasse 25
93047 Regensburg
Tel.: 0941 / 79 12 66
vorstand@aidshilfe-regensburg.de
http://www.aidshilfe-regensburg.de

Positiv e.V.
c/o Akademie Waldschlösschen
37130 Reinhausen bei Göttingen
Tel.: 05592 / 9 27 70
info@waldschloesschen.org
http://www.waldschloesschen.org

AIDS-Hilfe Rostock im Rat und Tat e.V.
Leonhardstr. 20
18057 Rostock
Tel.: 0381 / 45 31 56
post@ratundtat-rostock.de
http://www.schwules-rostock.de

AIDS-Centrum Rostock e.V.
Hermannstr. 34a
18055 Rostock
Tel.: 0381 / 1 28 50 22
info@aids-centrum.de
http://www.aids-centrum.de

AIDS-Hilfe Saar e.V.
Nauwieser Str. 19
66111 Saarbrücken
Tel.: 0681 / 3 11 12
info@aidshilfesaar.de
http://saarbruecken.aidshilfe.de

AIDS-Hilfe Schwäbisch Gmünd e.V.
Bocksgasse 23
73525 Schwäbisch Gmünd
Tel.: 07171 / 93 23 43
info@aidshilfe-gmuend.de
http://www.aidshilfe-gmuend.de

AIDS-Hilfe Kreis Siegen-Wittgenstein e.V.
Sandstr. 12
57072 Siegen
Tel.: 0271 / 2 22 22
ah.siwi@gmx.de o. ahsiwi12@aol.com
http://www.aids-hilfe-siegen.de

AIDS-Hilfe im Kreis Soest e.V.
Wallburger Str. 38/40
59473 Soest
Tel.: 02921 / 28 88
info@aids-hilfe-soest.de
http://www.aids-hilfe-soest.de

AIDS-Hilfe Solingen Regenbogen e.V.
Weyerstr. 286
42719 Solingen
Tel.: 0212 / 2 33 39 22
aidshilfe-solingen@web.de

Aids-Hilfe Stuttgart e.V.
Hölderlinplatz 5
70193 Stuttgart
Tel.: 0711 / 22 46 90
kontakt@aidshilfe-stuttgart.de
http://www.aidshilfe-stuttgart.de

AIDS-Hilfe Trier e.V.
Saarstr. 55
54290 Trier
Tel.: 0651 / 9 70 44-0
info@trier.aidshilfe.de
http://trier.aidshilfe.de

AIDS-Hilfe Rhein-Sieg e.V.
Pfarrer-Kenntemich-Platz 14-16
53840 Troisdorf
Tel.: 02241 / 9 79 99-7
info@aids-hilfe-rhein-sieg.de
http://www.aids-hilfe-rhein-sieg.de

AIDS-Hilfe Tübingen-Reutlingen e.V.
Herrenberger Str. 9
72070 Tübingen
Tel.: 07071 / 4 99 22
info@aidshilfe-tuebingen-reutlingen.de
http://www.aidshilfe-tuebingen-reutlingen.de

AIDS-Hilfe Ulm/Neu-Ulm/Alb-Donau e.V.
Furtenbachstr. 14
89077 Ulm
Tel.: 0731 / 3 73 31
info@aidshilfe-ulm.de
http://www.aidshilfe-ulm.de

AIDS-Hilfe im Kreis Unna e.V.
Hertingerstr. 47
59423 Unna
Tel.: 02303 / 8 96 05
info@unna.aidshilfe.de
http://unna.aidshilfe.de

AIDS-Hilfe Weimar & Ostthüringen e.V.
Erfurter Str. 17
99423 Weimar
Tel.: 03643 / 85 35 35
info@weimar.aidshilfe.de
http://weimar.aidshilfe.de

AIDS-Hilfe Sylt aktHIV für
Nordfriesland e.V.
Keitumer Chaussee 10
25980 Westerland
Tel.: 04651 / 92 76 90
aids-hilfe-sylt@onlinehome.de
http://www.aids-hilfe-sylt.de

AIDS-Hilfe Wiesbaden e.V.
Karl-Glässing-Str. 5
65183 Wiesbaden
Tel.: 0611 / 30 24 36
ahwiesbaden@t-online.de
http://www.aidshilfe-wiesbaden.de

Wilhelmshavener AIDS-Hilfe e.V.
Paul-Hug-Str. 60
26382 Wilhelmshaven
Tel.: 04421 / 2 11 49
info@wilhelmshaven.aidshilfe.de
http://wilhelmshaven.aidshilfe.de

AIDS-Hilfe West-Mecklenburg e. V.
Mühlenstr. 32
23966 Wismar
Tel.: 03841 / 21 47 55
info@wismar.aidshilfe.de
http://wismar.aidshilfe.de

AIDS-Hilfe Wolfsburg e.V.
Schachtweg 5a
38440 Wolfsburg
Tel.: 05361 / 1 33 32
aids-hilfe@wolsburg.de
www.aidshilfe.wolsburg.de

AIDS-Hilfe Wuppertal e.V.
Friedrich-Ebert-Str. 109-111
42117 Wuppertal
Tel.: 0202 / 45 00 03
aidshilfe@wta.de
http://www.aidshilfe-wuppertal.de

AIDS-Hilfe Westsachsen e.V.
Hauptstr. 10
08056 Zwickau
Tel.: 0375 / 2 30 44 65
info@zwickau.aidshilfe.de
http://zwickau.aidshilfe.de

Other counselling services

- online counselling of the AIDS-Hilfe:
www.aidshilfe-beratung.de
- AIDS counselling of the Bundeszentrale
für gesundheitliche Aufklärung (BZgA)
(Federal centre for health education):
telephone: 01805 / 55 54 44 (14 cent/min).
from land lines in Germany)
Online: www.gib-aids-keine-chance.de
→Beratung
- local public health departments
(Gesundheitsämter)

For women

TAMPEP – Transnational AIDS/STD Prevention
Among Migrant Prostitutes in
Europe Project
c/o Amnesty For Women
Große Bergstr. 231
22767 Hamburg
Tel.: 040 / 38 47 53
www.tampep.com
AmnestyforWomen@t-online.de

S.U.S.I.
Interkulturelles Frauenzentrum
Linienstr. 138
10115 Berlin
Tel.: 030 / 2 82 66 27-0
www.susi-frauen-zentrum.com
susifrz@aol.com

Ban Ying e.V.
Anklamer Str. 38
10115 Berlin
Tel.: 030 / 4 40 63 73
www.ban-ying.de
info@Ban-Ying.de

Solwodi e.V. – Solidarity with Women
in Distress
Propsteistr. 2
56154 Boppard-Hirzenach
Tel.: 06741 / 22 32
www.solwodi.de
info@solwodi.de

agisra Köln e.V.
Beratungsstelle für Migrantinnen
Steinbergstr. 40
50733 Köln
Tel.: 0221 / 12 40 19
www.e-migrantinnen.de
info@agisra-koeln.de

For HIV positive women who want to have children

KIS – Kuratorium für Immunschwäche
Karlsplatz 8
80335 München
Tel.: 089 / 53 12 33
http://hetero.aidshilfe.de/kis
kisev@aol.com

Social welfare and health advice for immigrants

VIA Berlin-Brandenburg e.V.
Petersburger Str. 92
10247 Berlin
Tel.: 030 / 29 00 71 55
www.via-in-berlin.de
info@via-in-berlin.de

Afrikaherz
(at VIA Berlin-Brandenburg e.V.)
Tel.: 030 / 4 22 47 06
afrikaherz@via-in-berlin.de

Light of Africa
Oelschlägerstr. 59
47798 Krefeld
Tel.: 02151 / 3 60 04 44

AIDS-Beratung Mittelfranken
Rieterstr. 23
90419 Nürnberg
Tel.: 0911 / 3 22 50-0
www.stadtmission-nuernberg.de
Aids-beratung@stadtmission-nuernberg.de

Information and support for binational couples

Verband binationaler Familien und
Partnerschaften – iaf e.V.
Ludolfstraße 2-4
60487 Frankfurt am Main
Tel.: 069 / 7 13 75 60
www.verband-binationaler.de
info@verband-binationaler.de

For men who have sex with men

Mann-O-Meter
Bülowstr. 106
10783 Berlin
Tel.: 030 / 2 16 80 08
www.mann-o-meter.de
info@mann-o-meter.de

For male sex workers

SUB/WAY Berlin e.V.
Nollendorferstr. 31
10777 Berlin
Tel.: 030 / 2 15 57 59
www.subway-berlin.de
jungs@subway-berlin.de

BASIS und Woge e.V.
St. Georgs Kirchhof 26
20099 Hamburg
Tel.: 040 / 2 80 16 07
www.basis-projekt.de
info@basis-ev.org

MARIKAS
Dreimühlenstr. 1
80469 München
Tel.: 089 / 7 25 90 84
www.marikas.de
info@marikas.de

KISS
Alte Gasse 37 (Hinterhof)
60313 Frankfurt am Main
Tel.: 069 / 29 36 71
www.frankfurt.aidshilfe.de
kiss@frankfurt.aidshilfe.de

LOOKS
Pipinstr. 7
50667 Köln
Tel.: 0221 / 2 40 56 50
www.looks-ev.de
info@looks-ev.de

For drug users

Kontaktladen SKA
Dresdner Str. 15
10999 Berlin
Tel.: 030 / 6 14 60 99
www.odak.de

mudra
Alternative Jugend- und Drogenhilfe
Ludwigstr. 61
90402 Nürnberg
Tel.: 0911 / 2 05 97 44
www.mudra-online.de
info@mudra-online.de

DROBS Hannover
Jugend- und Drogenberatungszentrum
Odeonstr. 14
30159 Hannover
Tel.: 0511 / 70 14 6 -0
www.step-hannover.de
drobs.hannover@step-hannover.de

Suchtberatungsstelle KODROBS
Süderelbe/Wilhelmsburg
Weimarer Str. 83-85
21107 Hamburg
Tel.: 040 / 75 16 20
www.kodrobs.de
wilhelmsburg@kodrobs.de

Information about the human rights situation in home countries

amnesty international
Sektion der Bundesrepublik Deutschland e.V.
Heerstr. 178
53111 Bonn
Tel.: 0228 / 9 83 73-0
www.amnesty.de
info@amnesty.de

Help in the case of impending deportation/expulsion

Geschäftsstelle der Bundesarbeits-
gemeinschaft Asyl in der Kirche e. V.
Lindenstr. 85
10969 Berlin
Tel.: 030 / 25 89 88 91
www.kirchenasyl.de
info@kirchenasyl.de

Ausländerrechtliche Härtefallberatung
Pax Christi
Forum der Jesuiten
Witzlebenstr. 30
14057 Berlin
Tel.: 030 / 32 00 01 49
Haertefallberatung@yahoo.de

Pro Asyl
Postfach 160624
60069 Frankfurt am Main
Tel.: 069 / 23 06 88
www.proasyl.de
proasyl@proasyl.de

Refugee offices

Baden-Württemberg
Flüchtlingsrat Baden-Württemberg e. V.
Urbanstr. 44
70182 Stuttgart
Tel.: 0711 / 55 32 83-4
www.akasyl-bw.de
info@fluechtlingsrat-bw.de

Bayern
Bayerischer Flüchtlingsrat
Augsburger Str. 13
80337 München
Tel.: 089 / 76 22 34
www.bayerischer-fluechtlingsrat.de
bfr@ibu.de

Berlin
Flüchtlingsrat Berlin e.V.
Georgenkirchstr. 69-70
10249 Berlin
Tel.: 030 / 2 43 44-57 62
www.fluechtlingsrat-berlin.de
buero@fluechtlingsrat-berlin.de

Brandenburg
Flüchtlingsrat Brandenburg
Eisenhartstr. 13
14469 Potsdam
Tel.: 0331 / 71 64 99
www.fluechtlingsrat-brandenburg.de
info@fluechtlingsrat-brandenburg.de

Bremen
Verein Ökumenische Ausländerarbeit e.V.
Berckstr. 27
28359 Bremen
Tel.: 0421 / 8 00 70 04
www.Kirche-Bremen.de
info@kirche-bremen.de

Hamburg
Flüchtlingsrat Hamburg
clo Werkstatt 3
Nernstweg 32-34 (3. Stock)
22765 Hamburg
Tel.: 040 / 43 15 87
www.fluechtlingsrat-hamburg.de
info@fluechtlingsrat-hamburg.de

Hessen
Hessischer Flüchtlingsrat
Frankfurter Str. 46
35037 Marburg
Tel.: 06421 / 16 69 02
www.fr-hessen.de
hfr@fr-hessen.de

Mecklenburg-Vorpommern
Flüchtlingsrat Mecklenburg-Vorpommern
e.V.
Postfach 11 02 29
19002 Schwerin
Tel.: 0385 / 5 81 57 90
www.fluechtlingsrat-mv.de
flue-rat.m-v@t-online.de

Niedersachsen
Niedersächsischer Flüchtlingsrat
Langer Garten 23 B
31137 Hildesheim
Tel.: 05121 / 1 56 05
www.nds-fluerat.org
kw@nds-fluerat.org

Nordrhein-Westfalen
Flüchtlingsrat NRW e.V.
Asienhaus Essen
Bullmannau 11
45327 Essen
Tel.: 0201 / 8 99 08-0
<http://www.fluechtlingsrat-nrw.de/>
info@frnrw.de

Rheinland-Pfalz
Arbeitskreis Asyl
Postfach 28 51
55516 Bad Kreuznach
Tel.: 0671 / 8 45 91 53
www.asyl-rlp.org
info@asyl-rlp.org

Saarland
Saarländischer Flüchtlingsrat e.V.
Kaiser-Friedrich-Ring 46
66740 Saarlouis
Tel.: 06831 / 4 87 79 38
www.asyl-saar.de
fluechtlingsrat@asyl-saar.de

Sachsen
Sächsischer Flüchtlingsrat e.V.
Kreischauer Str. 3
01219 Dresden
Tel.: 0351 / 4 71 40 39
www.saechsischer-fluechtlingsrat.de
sfrev@t-online.de

Sachsen-Anhalt
Flüchtlingsrat Sachsen-Anhalt e.V.
Schellingstr. 3-4
39104 Magdeburg
Tel.: 0391 / 5 37 12 79
www.fluechtlingsrat-lsa.de
frsa-magdeburg@web.de

Schleswig-Holstein
Flüchtlingsrat Schleswig-Holstein e.V.
Oldenburger Str. 25
24143 Kiel
Tel.: 0431 / 73 50 00
www.frsh.de
office@frsh.de

Thüringen
Flüchtlingsrat Thüringen e.V.
Warsbergstr. 1
99092 Erfurt
Tel.: 0361 / 2 17 27-20
www.fluechtlingsrat-thr.de
info@fluechtlingsrat-thr.de