

A postcard explaining precautions against AIDS. Colour lithograph.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

it's time to



AIDS is caused by a virus, HIV. Once you have HIV your body's defences can have trouble fighting off other diseases. There is no cure or vaccine for AIDS.

HIV is most often spread by:

- having intercourse,
- sharing needles or syringes

You can't tell by looking at someone if they have HIV. When people have HIV, they often look and feel healthy, however they are infectious.

You Can Take Care By...

- getting to know your partner well
- choosing not to have intercourse
- using condoms to reduce the risk if you have intercourse
- never sharing needles and syringes

For more information phone:

The 24 hour
FREEPHONE National AIDS
Helpline
0800 - 567 123



TAKE CARE