

A man leans against a desk by a window representing a man who is HIV positive with information on information about HIV and HIV testing by the AIDS Council of New South Wales, Victorian AIDS Council and Wellcome Australia Limited. Lithograph.

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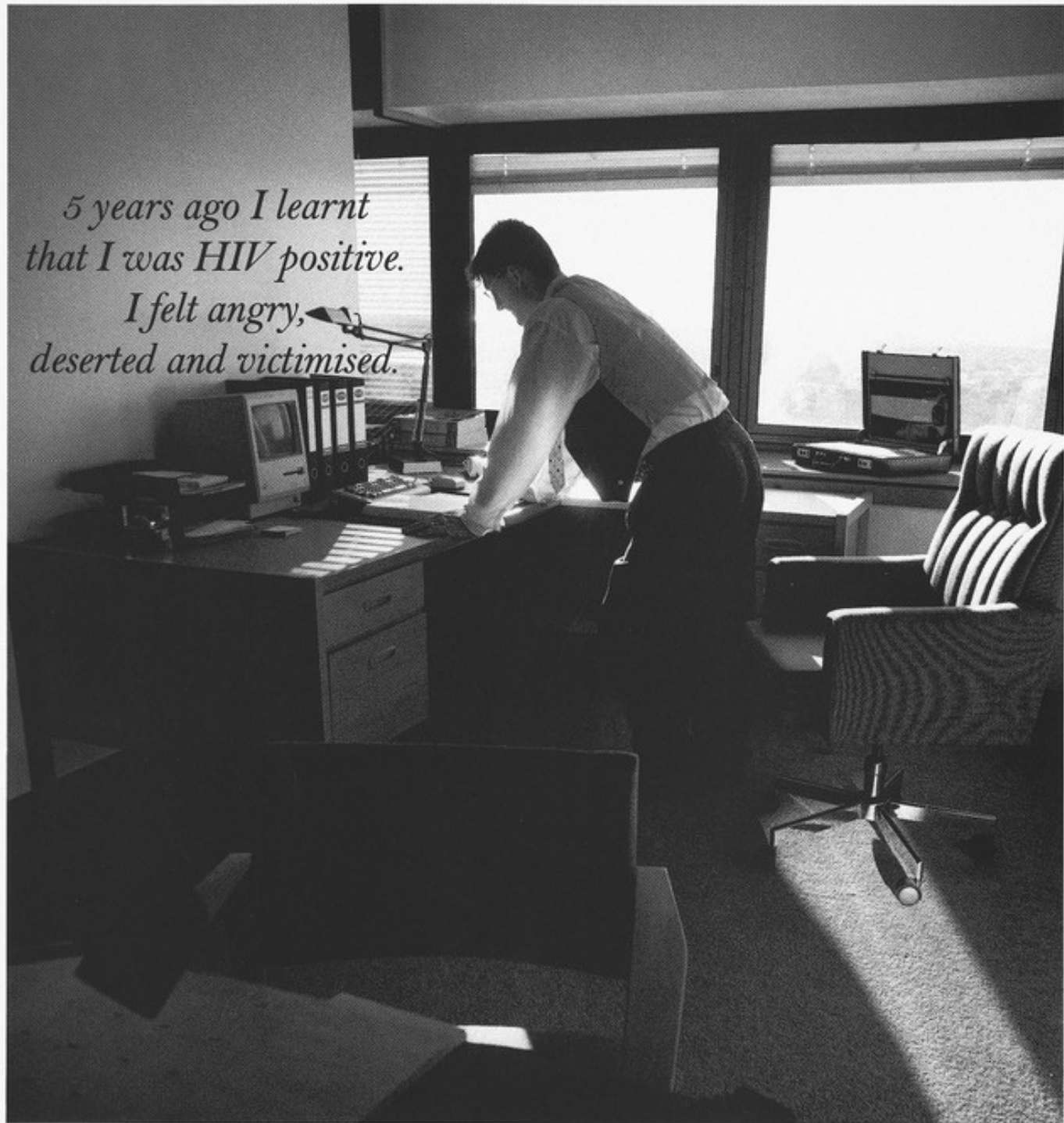
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*5 years ago I learnt
that I was HIV positive.
I felt angry,
deserted and victimised.*



*Today
I'm back in
control.*



Every day more and more people with HIV infection are learning to take control of their lives.

A good diet, moderate exercise, support gained from self-help networks and early medical treatment are just some of the steps that are available.

In fact, the evidence indicates that early medical treatment can play a major part in assuming control and staying healthy longer.

The first steps are early diagnosis, regular monitoring and the maintenance of a healthy lifestyle.

So to take the first step, telephone the AIDS Council on **008 810 003** to talk in confidence about HIV testing, and recent medical and health-sustaining developments.

A joint project of the AIDS Council of NSW, the Victorian AIDS Council and Wellcome Australia Limited. Endorsed by People Living With AIDS (NSW) Inc and the National Venereology Council of Australia.

THE SOONER YOU TAKE CONTROL THE BETTER

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