

The word 'AIDS' at the top of an illustrated fact sheet about the causes and prevention of AIDS. Colour lithograph by the Voluntary Health Association of India and Manipur Voluntary Health Association, ca. 1995.

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AIDS

Acquired Immuno Deficiency Syndrome

What is AIDS?

AIDS is short for Acquired Immuno Deficiency Syndrome. It is the final stage of HIV infection when the body's defences are completely destroyed. A person with AIDS has serious infections and cancers, and eventually dies.



AIDS is caused by a virus called HIV (Human Immuno-deficiency Virus). The virus attacks the body's natural defences against illnesses. Once infected, a person has the virus for life. Some people will look and remain healthy for years; other will develop AIDS. There is no cure for AIDS.

What causes AIDS?

CAUSE



Sex with an infected person



Male to male



Female to male



Male to Female



Sharing infected needles and syringes



Used needles and syringes can contain HIV



Use of infected blood



Unchecked blood can contain HIV



From infected mother to child



Infection during pregnancy



Infection immediately after delivery

PREVENTION

Stick to one uninfected partner. Use condoms.



Avoid casual sex.



Condom use reduces infection risk

Sterilize needles and syringes before use.



Do not share needles/syringes.



Avoid injecting drugs.



Boil needle and syringe for 20 minutes before use.

Use only certified blood.



Never use/accept blood from unknown sources.



Insist on using only 'HIV free' certified blood.

Avoid pregnancy if infected.



Use condoms to prevent pregnancy.



Go in for abortion if pregnant.

"You cannot get AIDS by:



Sharing toilets



Getting haircuts



Sharing clothing



Living with an HIV infected person



Touching, or hugging

You can test for HIV infection at: AIDS SURVEILLANCE CENTRE, R.M.C., IMPHAL or at J.N. Hospital, IMPHAL.

AIDS is a COMMUNITY responsibility.

"A person who has tested HIV positive or has developed AIDS needs your support, caring and love. Treat him/her with compassion, not discrimination."



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