

Information card on HIV/AIDS / LHB.

Contributors

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INFORMATION CARD ON HIV/AIDS

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:

- sharing needles and syringes
- having intercourse.

You can't tell by looking at someone if they have HIV.

When people first have HIV, they often look and feel healthy, however they are infectious.



INFORMATION CARD ON HIV/AIDS

TO PROTECT YOURSELF . . .

- get to know your partner well
- choose not to have intercourse
- use condoms if having intercourse to reduce the risk
- never share needles and syringes

For more information phone
The 24 hour FREEPHONE
National AIDS Helpline
0800-567 123

