

Women now... Take Care / HIV/AIDS Team, Lothian Health Board.

Contributors

Take Care (Health Campaign)
Lothian Health Board. Health Promotion Department

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TAKEM

women now...

CARE

AIDS: The facts

- **Lothian has the UK's worst HIV/AIDS problem. Already several thousand people are infected.**
- **HIV has begun to spread through the population - in Edinburgh 1 in 100 men and 1 in 250 women aged 15-45 now have the virus.**
- **We can all protect ourselves if we know how. No-one else needs to be infected.**

We encourage you to:

- **Know the basic facts.**
- **Work out what TAKING CARE means for you.**
- **Encourage others to TAKE CARE.**

AIDS is caused by a virus, HIV. Once you have HIV your body's defences can have trouble fighting off other diseases. At present there is no cure or vaccine for AIDS, although treatment is available to help people with HIV.

HIV is most often spread by:

- **having sexual 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 for years, however they are infectious.



What does TAKING CARE mean for you?

- Choosing not to have a sexual relationship?**
- Choosing not to have intercourse?**
- Using condoms to reduce the risk if you have intercourse?**
- Being faithful to a faithful partner?**
- Never sharing needles or syringes?**

AIDS CONCERNS US ALL

NATIONAL
AIDS

HELPLINES

**If you have any questions
or want to talk to someone
you can phone the
National AIDS Helpline
Freephone 0800 - 567 123
24 hours a day**



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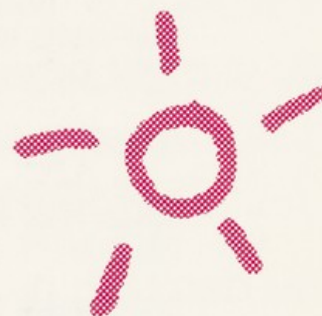
giving blood
insect bites
shaking hands
cutlery
sharing meals
towels
toilet seats
glasses
cups
kissing

from **get** **you**
HIV **CAN'T**

If you are having intercourse, using a condom makes sense for lots of reasons.

Condoms can prevent...

- **Cervical Cancer**
- **Chlamydia**
- **Gonorrhoea**
- **HIV infection**
- **Syphilis**
- **Other sexually transmitted diseases**
- **& PREGNANCY**



...especially when used with a spermicide

You can get condoms **free** from Family Planning Clinics or the Brook Advisory Centre. No appointment is necessary, just drop in and ask for a **C card**. With the card, you can pick up free condoms.



Family Planning Clinic

Dean Terrace Centre
18 Dean Terrace,
Edinburgh EH4 1NL
Monday-Thursday 9am-8pm
Friday 9am-4pm
Saturday 9.30am-12.30pm

Brook Advisory Centre

2 Lower Gilmore Place
Edinburgh EH3 9NY
Monday-Thursday 9am-9pm
Friday 9am-4.30pm
Saturday 9am-12pm

To find your nearest Family Planning Clinic **Freephone 0800 567 123**