

It's time to Take Care / Lothian Health Board.

Contributors

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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

