

**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 ... / Lothian Health Board.**

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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**