

AIDS: the facts ... : What does Taking Care mean for you? / Lothian Health Board.

Contributors

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AIDS: The Facts

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.

- **In Lothian 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**

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?**

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

AIDS CONCERNS US ALL

