

What does Taking Care mean for you? / Lothian Health Board.

Contributors

Lothian Health Board

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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 do have intercourse?
- ☐ Being faithful to a faithful partner?
- ☐ Never sharing needles or syringes?

It's time to TAKE CARE

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