

**Hold me ... : look after your... sexual health ...play safe and use a condom /
Health Education Authority.**

Contributors

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hold me

AIDS has not gone away. In the UK, on average, another person is infected with HIV every 8 hours. People with HIV and AIDS need your support. Remember you can't get HIV by kissing or hugging.

Look after your...

sexual health

...play safe and use a condom

Ring freephone **0500 500 695** for a free HEA leaflet 'Facts about AIDS, HIV and the test' or e-mail healthed@twoten.press.net

This leaflet and others on sexual health are available at most NHS sexual health clinics (GUM/STD clinics), family planning and young people's clinics; most GP surgeries and some student health centres.



For confidential advice on sexual health matters and where to find local clinics ring:

Brook Advisory Centres

for young people _____ **0171 713 9000**

Contraceptive Education Service

England _____ **0171 837 4044**

Scotland _____ **0141 576 5088**

Wales _____ **01222 342 766**

Northern Ireland _____ **01232 325 488**

National AIDS Helpline

Free on _____ **0800 567 123**

Welsh and minority ethnic language services also available