

How can I protect myself from getting infected with HIV?

- A** – Abstinence (no to sex)
- B** – Be mutually faithful
- C** – Correct and consistent condom use
- D** – Don't use drugs

Don't Forget!

- There is no known cure for HIV infection.
- A person with HIV looks and feels healthy.
- People with HIV can still work and live productive lives
- It takes many years for HIV infection to progress into AIDS.
- Only a blood test can confirm if a person has HIV.

Spread the word. Protect yourself and your loved ones. Talk about HIV/AIDS with your partners, family and friends.

For more information about HIV/AIDS and other STIs, please visit:

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Know the Basic Facts About HIV and AIDS



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What is HIV?

HIV stands for:

- H** - Human
- I** - Immunodeficiency
- V** - Virus

HIV is a virus that slowly attacks a person's immune system. It is the virus that causes AIDS. You cannot tell by just looking if a person is infected with HIV because they look physically healthy.

What is AIDS?

AIDS stands for:

- A** - Acquired
- I** - Immune
- D** - Deficiency
- S** - Syndrome

AIDS is the last stage of HIV infection. This is the stage when a person's immune system is very weak or destroyed. The person is now prone to many infections and diseases.

How is HIV transmitted?

HIV is transmitted when body fluids are transferred from an HIV infected person to another. There are four body fluids that contain high concentration of HIV. They are:

- Blood
- Semen
- Vaginal Fluids
- Breast Milk

There are three known modes of HIV transmission.

1. Sexual intercourse with an HIV-infected person (man or woman).
2. Transfer of HIV-infected blood through blood transfusion and sharing of syringes during drug use.
3. An HIV-infected woman may pass the virus to her child during pregnancy, during birth, and after birth.

You CANNOT get infected with HIV though:

HIV is not spread through the following because it does not involve the exchange of semen, blood, cervical and vaginal secretions, and breast milk:

- Kissing and hugging
- Shaking hands
- Mosquito bites
- Insects or animals
- Tears, urine, saliva
- Coughing
- Sneezing
- Sharing food and utensils
- Using toilet seats
- Swimming in pools