

## How to prevent HIV infection

### Sexual transmission



- Abstain from sex until marriage to **ELIMINATE** the risk of sexual transmission before marriage.



- Be Faithful to your spouse to **ELIMINATE** the risk of sexual transmission in marriage.



- Condoms **REDUCE** the risk of HIV transmission. They must be used correctly and consistently to be effective.

If you or the person you want to marry has already had sex, or has any risk of HIV infection, have an HIV test.

### Blood transmission

- Do not allow your skin to be pierced or cut unless the instruments are clean.
- Do not share needles or syringes.



### Mother-to-child transmission

To prevent the risk of passing HIV to her baby, a woman with HIV should take measures not to become pregnant.

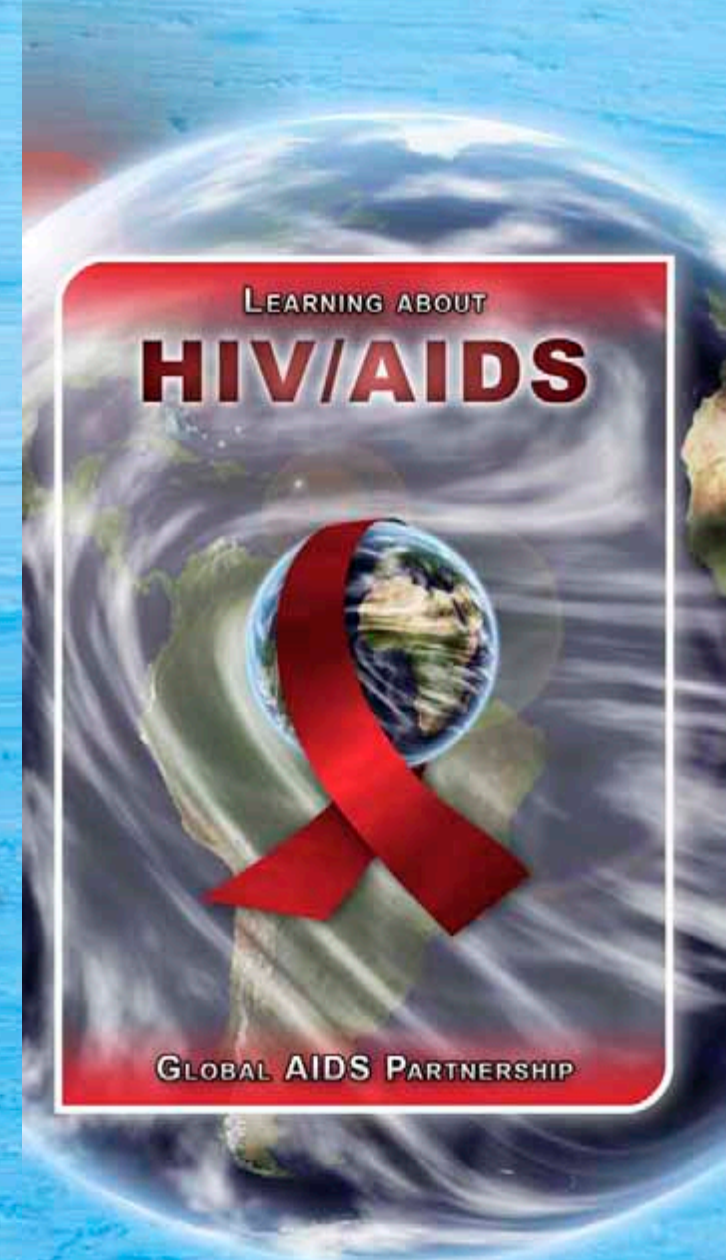
## There is Good News

HIV/AIDS seem to offer little hope for the future. But there is good news!

A person with HIV can live for many years by taking good care of his or her health.

Spiritual help is found through Jesus Christ, who can help you to make good sexual decisions.

If there are things in your life that aren't pleasing to God, there is forgiveness through Jesus Christ. The Bible says, "We all have sinned..., but if we confess our sins, He is faithful to forgive us and cleanse us from all wrong." (1 John 1:9) Ask God to forgive your sins through Jesus Christ. He will help you to live in a way that pleases Him.



For More Information Contact  
Global AIDS Partnership at:  
[www.GlobalAIDSPartnership.org](http://www.GlobalAIDSPartnership.org)

## Learning about HIV/AIDS



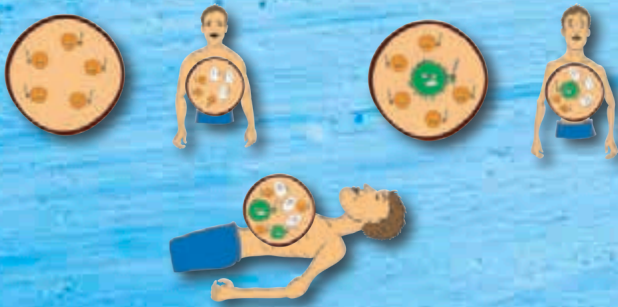
The virus that causes AIDS has affected every country in the world. Millions of people are living with HIV infection.

## What is HIV? What is AIDS?

The Human Immunodeficiency Virus (HIV) causes the sickness called the Acquired Immunodeficiency Syndrome (AIDS).

HIV lives in the body for many years before AIDS develops. During this time, the person will appear healthy. Even so, he or she can pass HIV to another person!

## What Happens in Your body?



Germs normally live outside the body. If they enter the body, they make us sick. Defense cells in the body fight invading germs, and the sick person usually gets better.

After many years, HIV destroys all the defense cells that protect the body from germs.

When there are no more defense cells, the body has no protection. Invading germs cause the person to become very sick. This is the disease called AIDS. There is no cure; the person will die.

## How is HIV Transmitted?



HIV is transmitted through three body fluids: sexual secretions, blood and breast milk.

There are only three ways of transmitting HIV:

- Sexual transmission: vaginal, anal and oral intercourse
- Blood transmission: contact with infected blood
- Mother to child transmission: end of pregnancy, at childbirth or through breast feeding

## How is HIV Not Transmitted?

HIV is not transmitted through saliva, tears, urine, etc. It is not passed by shaking hands, touching, insect bites, sharing eating utensils, toilets, etc.



## Myths that Some People Believe about HIV/AIDS

There are many myths concerning HIV/AIDS

MYTH: A person with HIV always looks sick.

MYTH: Certain herbs cure AIDS.

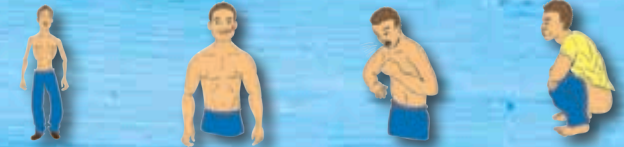
MYTH: Condoms are always 100% effective

## Signs and Symptoms of AIDS

After several years, the person will show signs of a weakened defense system.

## Common symptoms:

- Diarrhea for more than one month
- Fever for more than one month
- Cough and symptoms of tuberculosis
- Extreme weight loss



## Diagnostic Testing for HIV



The only one way to know if someone has HIV is to have a diagnostic test in an HIV testing center, a laboratory, clinic, or hospital.

If the test detects HIV in the body, the person is "HIV positive." If the test is negative, the person is "HIV negative."

## Treatment for HIV/AIDS

No vaccine can prevent HIV infection. No medication can cure AIDS.

Special medications (antiretrovirals) help people live longer. Some help prevent mother-to-child transmission.

Certain common medication (antibiotics, etc) treat the symptoms of AIDS. Good nutrition is essential to help the person live a longer, healthier life.

