Talking about sex and condoms promotes promiscuity (having many sexual partners)
The truth is, talking about it promotes knowledge, safety and responsibility.
WHO CAN GET HIV/AIDS?
ANYONE CAN!
Make sure you know the facts about HIV/AIDS and safe sex.
Knowing the facts will help you. Acting on them can protect you.
Can you get HIV from mosquitoes?
HIV

IS TRANSMITTED BY:

• Having unsafe sex (without a condom) with someone who has HIV.

• Infected blood – through sharing needles (tattoos/injecting) and razor blades.

• HIV-positive mother to child.
How can you protect yourself from HIV/AIDS and other sexually transmitted infections (STIs)?
A – ABSTINENCE (not having sex) or delaying sex until you are ready.

B – BE FAITHFUL (only have one partner, and that partner is faithful too).

C – CONDOMS (use them properly every time you have sex).

D – DO LESS SEXUAL RISKY THINGS (such as kissing, touching, body rubbing).
You can tell by looking if someone is HIV-positive
NO! You can’t tell. People can live for many years before getting sick, but they can still pass on the virus.
How can I know if I have HIV?
The only way to know for sure is to have a blood test.

- You will need to go to a clinic for a test.
- Testing for HIV is voluntary (it’s your decision)
- All information is confidential
- There is counselling available to support you getting tested