

DID YOU KNOW?

Sorry
No Cure



AIDS cannot be cured



HIV is usually transmitted through sharing needles, unprotected sex and mother to baby transmission



Sweat, mosquito bites, saliva and tears do not hold enough HIV to infect another person



You cannot tell by looking at someone whether he or she is infected with HIV or has AIDS



One new HIV infection occurs every 6 seconds of every minute of every day.



Stigma surrounding HIV/AIDS is a major contributor to the spread of the disease, resulting in people believing they are not at risk for HIV.



AIDS/HIV

AIDS TOLL FREE HELPLINE : 0800 012 322

www.sasm.co.za - Tel: 08611-22786 - email: management@sasm.co.za

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WHAT CAN I DO?



- Learn the facts about HIV/AIDS.
- Communicate with your children, partner and health care provider about HIV/AIDS
- Get tested - **KNOW YOUR STATUS**
- Be proactive. Support an HIV/AIDS program in your local community.
- Speak out against AIDS-related discrimination
- Make use of the AIDS TOLL FREE Helpline to answer any questions you might have relating to AIDS

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AIDS/HIV

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AVOIDING HIV/AIDS IS EASY -



A

Abstain - don't HAVE SEX



B

Be faithful - only have
one sexual partner



C

Condomize - Always
have safe sex

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FLUIDS that hold enough **HIV**
VIRUS to infect one another.



Blood



Semen



Vaginal Fluids



Menstrual blood



Breast Milk



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EARLY SYMPTOMS of HIV/AIDS



- You are losing weight and have no appetite
- You may have a fever and sweat a lot, especially at night
- The glands in your groin, neck and armpits are swollen.
- You feel tired a lot and often have an upset stomach.
- You may have repeated chest infections.



As the immune system gets weaker because of the infection, other symptoms may appear:

- Sores on the skin or in the mouth
- Increased outbreaks of cold sores/fever blisters
- Shortness of breath, dry cough
- Numbness or pain in hands and feet



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HIV/AIDS - FACTS



- No one has been cured of AIDS
- Sweat, saliva and tears cannot infect one with AIDS
- AIDS affects any RACE



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The

RISK

Is not

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TESTED

**GET
DONOR
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