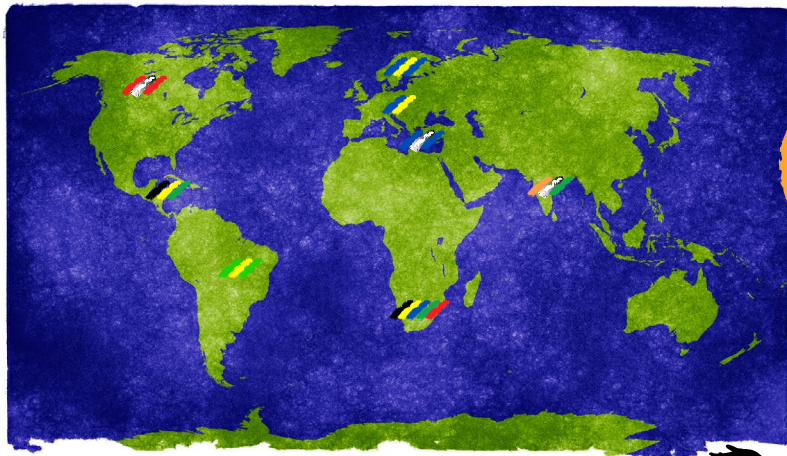




AVERTing HIV and AIDS

Produced by **AVERT.**

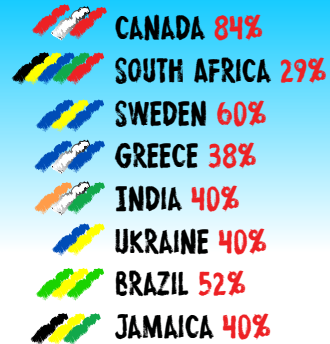


PEOPLE WHO **KNOW** HOW HIV IS TRANSMITTED\*

\* (UNAIDS, 2010) (UNGASS, CANADA 2012)

You can get  
your community back  
on track by becoming an  
**AVERT  
EDUCATOR**

**USE THIS  
BOOKLET  
TO GET  
STARTED...**



HIV **ISN'T** PASSED ON THROUGH  
 => ~~MOSQUITOES~~ ~~KISSING~~  
~~SWIMMING~~ ~~TOILET SEATS~~  
~~HOLDING HANDS~~ ~~COUGHING~~

- MOSQUITOES DO NOT PASS HIV IF THEY BITE YOU. HIV DOES NOT REPRODUCE OR SURVIVE FOR LONG INSIDE A MOSQUITO.
- HIV IS IN SALIVA, BUT NOT ENOUGH FOR THE VIRUS TO BE TRANSMITTED BY KISSING.
- HIV IS UNABLE TO REPRODUCE OR SURVIVE FOR LONG OUTSIDE OF THE BODY; THERE IS NO RISK FROM TOUCHING SURFACES (TOILET SEATS) OR PEOPLE WITH HIV (HOLDING HANDS).
- HIV CANNOT SURVIVE OR BE TRANSMITTED THROUGH THE AIR (COUGHING) OR WATER (SWIMMING POOLS).

HIV **IS** PASSED ON THROUGH =>



- PREGNANCY & BREASTFEEDING
- UNPROTECTED VAGINAL, ANAL & ORAL SEX
- RE-USING NEEDLES & SYRINGES TO INJECT DRUGS

# 34 MILLION

## PEOPLE ARE LIVING WITH HIV GLOBALLY\*

2 OUT OF 3 PEOPLE ARE UNAWARE OF THEIR HIV-POSITIVE STATUS\*



 = 1 MILLION

\* (UNAIDS, 2011)



Know your status, **GET TESTED!!!**

Knowing you're positive means you can access excellent treatment

This will enable you to live a full and healthy life





Treating any other STIs that you have reduces the risk that you will contract HIV through sex. You need to get tested before you can get treated.

AT LEAST **500** MILLION NEW CASES OF STIs PER YEAR\*

\* Based on 4 out of 30 STIs (WHO, 2011)

HIV & other STI testing is available from health professionals. See 'help & advice' at the back.



Health professionals should keep HIV testing confidential.



HIV IS FOUND IN THE SEXUAL FLUIDS OF AN INFECTED MAN OR WOMAN.

THE RISK OF HIV IS HIGHEST WITH **PENETRATIVE SEX** AND MUCH LOWER WITH **ORAL SEX**. HIV CAN ONLY BE PASSED ON IF HIV-INFECTED BLOOD OR SEXUAL FLUIDS COME INTO CONTACT WITH **GENITALS** OR A CUT OR SORE IN THE **MOUTh**.

SALIVA DOES NOT POSE A RISK.



→ USE A CONDOM AND LUBRICANT



→ USE A CONDOM



→ USE A CONDOM OR A DENTAL DAM (A THIN SQUARE OF LATEX) TO FURTHER REDUCE RISK



If you're HIV-positive discuss different prevention methods with your health professional. Taking antiretroviral treatment can further reduce the risk of transmission.



# HOW TO USE A CONDOM

YOU NEED TO USE A **NEW CONDOM** EVERY TIME YOU HAVE SEX, FOR **ALL** SEXUAL CONTACT.

**NEVER** USE THE SAME CONDOM TWICE.

**ONLY** PUT ON A CONDOM ONCE THERE IS A PARTIAL OR FULL ERECTION.



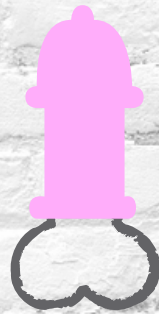
If the condom splits: Get a follow-up test for STIs, and consider emergency contraception. If your partner is HIV-positive take PEP. See 'help and advice' at the back of this booklet.



**1** BE CAREFUL NOT TO TEAR THE CONDOM WHEN YOU OPEN IT. CHECK ITS CONDITION AND EXPIRY DATE.



**2** PLACE THE ROLLED CONDOM OVER THE TIP OF THE HARD PENIS. PINCH THE TIP AND UNROLL IT.



**3** ROLL THE CONDOM ALL THE WAY DOWN TO THE BASE OF THE PENIS, AND SMOOTH OUT ANY AIR BUBBLES, WHICH CAN CAUSE A CONDOM TO BREAK.



Women can also use female condoms. Never use them at the same time as a male condom.

You may find yourself in a situation where your partner doesn't **understand** how **important** condoms are...

Don't you trust me?

I trust you to do the right thing to make sure we're both safe.

Don't you love me?

I want to make sure that we're both safe and protected because I love you.

But, we did it before without a condom!

That was a bad decision. Sex without one puts our health at risk.

Condoms ruin the mood.

I can't get in the mood unless we're both protected.

It doesn't feel as good with a condom on!

Then we need to find a type of condom that can make it feel even better!

In case of **excuses**, it's good to get yourself armed with some responses to help **change their mind!**

Reckon you're ready to be an HIV and AIDS Educator?  
Get your HIV and AIDS knowledge up to scratch with  
AVERT's quiz:

- 1- What is the difference between HIV and AIDS?
- 2- Can you get AIDS from sharing a cup with someone with HIV?
- 3- Which drugs do people infected with HIV take to prevent the progression to AIDS?
- 4- Complete the sentence: PMTCT stands for Prevention of Mother-to-Child ..... ?
- 5- Oral sex is when you talk during sex. True or false?
- 6- Can a woman have a baby if she is HIV-positive?

Complete AVERT's online quizzes to see how you scored!

[www.avert.org/quizzes.htm](http://www.avert.org/quizzes.htm)

**TEL**

## HELPLINE NUMBERS

**AVERT HELP AND INFO SERVICE: (+44) 1403 210 202**  
**AIDSMAP: WWW.AIDSMAP.COM/E-ATLAS**  
**GNP +: (+31) 20 423 4114**

## HELP WEBSITES

**AVERT.ORG: WWW.AVERT.ORG**  
**NAM AIDSMAP: WWW.AIDSMAP.COM**  
**MY HIV CLINIC: WWW.MYHIVCLINIC.COM**



## HEALTH SERVICES

**FIND A CLINIC OFFERING CONTRACEPTION, STI TESTING AND OTHER  
SEXUAL HEALTH SERVICES.**  
**AIDSMAP: WWW.AIDSMAP.COM/E-ATLAS**

**PEP**

## POST-EXPOSURE PROPHYLAXIS

**THIS TREATMENT NEEDS TO BE TAKEN WITHIN 72 HOURS (PREFERABLY 24 HOURS)  
TO PREVENT HIV. IF IT'S NOT A WEEKEND OR PUBLIC HOLIDAY, GO TO YOUR  
NEAREST SEXUAL HEALTH (GUM) CLINIC. OTHERWISE, VISIT THE  
EMERGENCY DEPARTMENT OF YOUR NEAREST HOSPITAL.**



USE THIS BOOKLET AND  
OUR ONLINE RESOURCES  
TO RAISE AWARENESS  
AND UNDERSTANDING  
OF HIV & AIDS.

## **COMMUNITY PROJECT SUPPORT**

[AVERT.ORG/AIDS-PROJECTS](http://AVERT.ORG/AIDS-PROJECTS)

WE WORK WITH  
COMMUNITY-BASED  
ORGANISATIONS TO  
RESPOND TO THE  
HIV & AIDS EPIDEMIC IN  
SOUTHERN AFRICA.

## **INFORMATION SERVICE**

[AVERT.ORG/CONTACT](http://AVERT.ORG/CONTACT)

WE CAN PROVIDE YOU  
WITH INFORMATION,  
HELP & ADVICE AROUND HIV  
& AIDS. EMAIL [INFO@AVERT.  
ORG](mailto:INFO@AVERT.ORG) WITH YOUR ENQUIRY.

