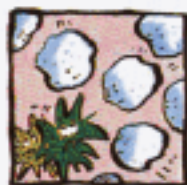


## How AIDS makes you sick.

Your body is protected by an immune system which is made up of white blood cells. These white cells kill the germs and viruses that make you sick.



So white blood cells help to keep your body healthy.

The AIDS virus or the Human Immunodeficiency Virus (HIV), lives in

Some behaviour patterns also place you in danger of becoming infected. These include having sex with more than one partner, sex without a condom if you are not in a mutually faithful relationship, and alcohol and drug abuse.

## How you cannot get AIDS.

Rumours concerning many other sources of HIV infection are rife. It is

## Symptoms and early signs.

HIV infection shows in a number of ways. You may suffer from prolonged fever. Your glands, especially those in the neck, armpit and groin may be continually swollen. Sometimes a change in mental behaviour, like forgetfulness



# The plain and simple truth about AIDS.

blood and other body fluids. It attacks the white blood cells and destroys them. So your body is unable to fight germs and viruses. You can have AIDS for a long time before you become sick. But there is no cure for AIDS so the virus destroys the immune system and the person with AIDS eventually dies from diseases like TB, Pneumonia or any other opportunistic infection.



important to realise that you cannot get AIDS from kissing, masturbating, playing a contact sport like rugby or soccer, telephones, toilet seats, sneezing, mosquitoes, eating food prepared by persons with AIDS or sharing a communion cup.



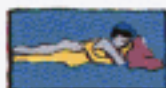
and confusion, is an indication of HIV infection. Other signs are persistent diarrhoea, loss of more than 10% body weight and sometimes even TB (Tuberculosis).

Remember these signs and symptoms are not only found in people with HIV infection. They can also be caused by other conditions.

Should you have any of these symptoms you should consult your doctor or clinic.

## How you can get AIDS.

The AIDS virus is spread in three main ways. You can get it from having



unprotected sex with an infected person (female or male). Or an infected mother may pass it on to her new born or unborn baby. Sharing needles for intravenous drug use also exposes you to AIDS.



## How to prevent AIDS.

We all know the surest way to prevent AIDS is to abstain from sex, but as this is not always practical, here are just a few suggestions.



Consider the risk carefully before you have sex. Limit your sexual partners - casual and short-term sexual relationships without condom usage is regarded as high-risk behaviour.

Ideally you should be involved in a long standing relationship in which both partners are faithful and uninfected by AIDS. If you're a habitual drug user do not share needles.



## Want to know more?

For more information contact the nearest Regional Office of the Department of National Health and Population Development, the nearest AIDS Training and Information Centre (ATIC) or phone Lifeline-AIDS Line toll-free at 0800 012 322.

All enquiries will be handled in absolute confidentiality.



**AIDS. Don't let it happen.**