

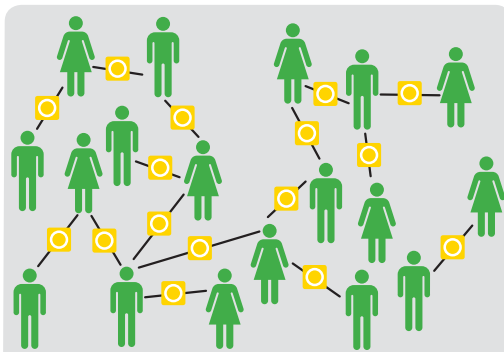
Practising safe sex is the most important way to prevent contracting HIV. HIV is a global pandemic and one that affects people of any race or religion. Here are a couple of strategies that will help you to take responsibility to prevent new HIV infection.

HIV - KNOW THE FACTS

To know the risks of HIV means you have to know the facts. The chances of transmitting HIV are high in the first six weeks after infection because there is a lot of the HI virus in the body. This is because the immune system has not yet produced antibodies that can fight off the initial infection. If you test for HIV during this period you will test negative, this is called the 'window period'. After about six weeks the body's immune system kicks in and fights off the attack and HIV is reduced. At this point if you have an HIV test, you will test HIV positive because the test will pick up the antibodies that are now present in the blood. Over a number of years the virus will start increasing again and the body will start to weaken until you become sick and will need to start antiretroviral medicines. You cannot tell who has HIV because many people do not know unless they get tested.

TAKE NO CHANCES ALWAYS USE A CONDOM

Condoms, when used correctly and all the time, help prevent unwanted pregnancies, HIV and sexually transmitted infections.

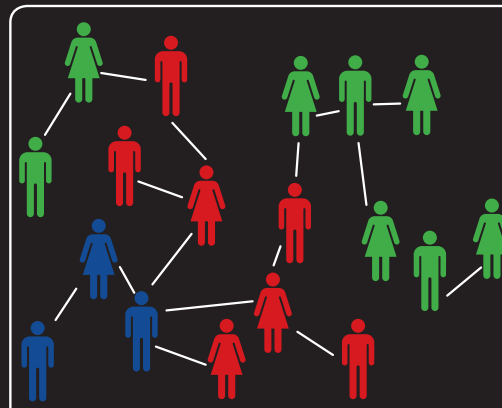


JUNE 2010 One man uses a condom with all his partners and they use condoms with all their partners. HIV cannot spread because the condoms prevent HIV from spreading.

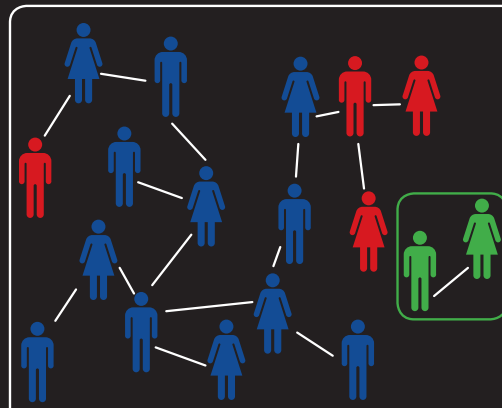
Condoms are available at clinics, hospitals, supermarkets, pharmacies and other stores throughout South Africa. Remember to check the expiry date and if you use a lubricant make sure it is a water-based one (like KY-Jelly). Do not use oil-based lubricants (like Vaseline) because this will cause the condom to break. When you are finished having sex, carefully remove the condom, tie the end and wrap it in a tissue or plastic bag before throwing it away in a dustbin.

CHOOSE ONE PARTNER OVER MULTIPLE CHANCES WITH HIV

Having many sexual partners may seem cool but you do not always know their sexual histories or what other sexual relationships they may be in. You may have had unprotected sex with someone who has recently been infected with HIV and this increases your risk of HIV infection, especially if they are still in the six-week window period. If you then have sex with another partner this increases their risk of contracting HIV too. If you are in a committed relationship keep to your partner and if you are tempted - walk away, masturbate or use a condom.



JUNE 2010 A guy has sex with many different partners during June 2010 and gets infected with HIV.



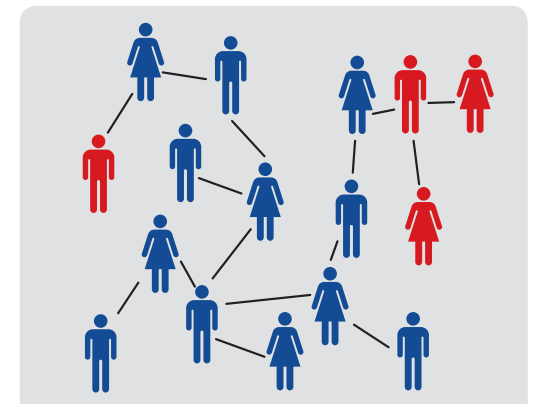
Between **JUNE** and **SEPTEMBER 2010** he has sex with other partners who have sex with other persons without using condoms. During this period **16 people get HIV**. The green couple only had sex with each other so they did not get HIV and it cannot spread.

USE ALCOHOL RESPONSIBLY

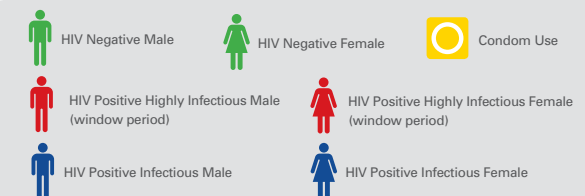
Whether it is to celebrate an occasion or just to have a good time many people often drink alcohol. Excessive drinking can lead to risky behaviour and could land you in serious trouble.

HERE ARE SOME THINGS TO REMEMBER:

- **Drunk driving:** the legal limit in South Africa is 0.05g/100ml of blood. This means you could be over the limit after as little as one drink. If you are found guilty of drunk driving you will go to jail and will have a criminal record.
- **Risky sexual behaviour:** people often take more risks when they are drunk so think carefully before having sex with someone after drinking.
- **Accidents:** anything from a drunken joke gone wrong to a serious road accident can happen when you've had too much to drink. This puts you and other people in danger.



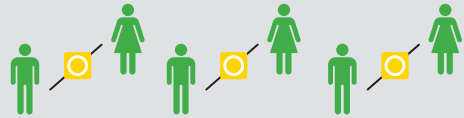
In **JUNE 2010** a man has too much to drink and sleeps with someone and forgets to use a condom. He then sleeps with his main partner when he gets home but she has other partners too. Over a six-month period **16 people become HIV positive**.



IMPORTANT: Use this colour-coded information to better understand the graphs in this pamphlet.

TAKE RESPONSIBILITY KNOW YOUR HIV STATUS

If you are starting a new relationship use condoms and make sure you get tested to know your HIV status to protect yourself and your partner.



These couples met in **JUNE 2010**. They took responsibility, used condoms and got tested for HIV. They are negative because they are taking responsibility for their actions.

If you test positive, have your CD-4 cell count checked to measure the strength of your immune system and test for TB. If you have TB you should test for HIV. If your CD-4 cell count is below 350 you will be started on antiretroviral treatment.

You can get tested for HIV at a clinic, New Start Centre or pharmacy near you. To find your nearest New Start HIV counselling and testing centre, just sms HIV and your postal code to **31771**.

RAPE AND HIV

If you know of someone who has been raped, encourage them to go to a public health centre or hospital within 72 hours to test for HIV, start a short course of antiretrovirals that can reduce their chances of getting HIV and report the matter to the police. For more information call the **AIDS Helpline on 0800 012 322**.

**HIV PREVENTION IS
THE RESPONSIBILITY
OF EVERY SEXUALLY ACTIVE PERSON**

YENZA KAHLE - DO THE RIGHT THING.

**“ IN THE GAME OF LIFE
ALWAYS PLAY IT
SAFE,, ”**



Yenzakahle!

Do the right thing

For any queries on HIV/AIDS contact the
AIDS Helpline on 0800 012 322

www.brothersforlife.org



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