



HOW RISKY IS IT?

HIV/AIDS

Both HIV and AIDS describe the same disease but AIDS is the most advanced stage of HIV. Most people who are living with HIV do not have AIDS and many will not develop AIDS if they undergo treatment early on. A person living with HIV is said to have AIDS when their immune system is completely destroyed and it can't fight off certain kinds of infections. At that time, the infected person catches many diseases such as pneumonia, tuberculosis, cancer and, wasting syndrome (involuntary weight loss).

There are no symptoms or signs of AIDS. A person can have the virus but can look and feel very healthy. An HIV test is the only way to find out if someone is infected with the disease. There is no cure for AIDS.

You cannot catch HIV from these behaviours.

Hugging

Holding or shaking hands

Donating or giving blood because only new needles are used.

Mosquito (insect) bites because the virus is destroyed by the animal's digestive system.

Using the same toilet as an infected person

Drinking from the same glass as an infected

Being exposed to coughing or sneezing by an infected person

Sharing food with an infected person

How is HIV/AIDS contacted?

Unprotected sex

By sharing needles with an infected person.

From mother to baby only if the mother doesn't get treatment when pregnant.

Breast feeding