



All about HIV/AIDS

- Use your own toothbrush and razor blades
- Don't let other people's blood get into your blood, e.g. sores, cuts, fighting
- Have regular men's and women's health check
- If you inject, use a sterile (new) needle **every time**, and don't share needles
- Always use sterile, single use needles for body piercing or tattooing.

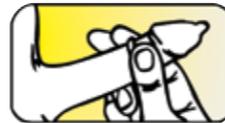
Am I at risk?

- I have had unsafe sex (without a condom, condom not used properly, condom fell off or condom broke)
- I have had a new partner or more than one partner in the last year
- I have discharge, pain, or sores in private parts
- I have had sex with someone who has an STI
- I can't remember if I had UNSAFE sex (e.g. I was drunk or drugged)
- I am not using condoms because I want to have a baby
- My partner or I have ever injected drugs
- I have had contact with someone else's blood (e.g. getting a tattoo, fighting).

If you said YES even once, get an STI CHECK!

Condoms stop STIs from spreading

- Check date and seal of the packet – old condoms break
- Open the packet carefully (don't use teeth)
- Roll on when the penis is hard
- Pinch the tip so air doesn't get trapped as you roll down
- Put on some water based lube
- Hold the condom on your penis when you pull out, so semen (cum) doesn't spill out
- Throw the condom in the bin – not down the toilet.



Where to get help

- See your local health clinic or doctor
- Call the Sexual Health Helpline
☎ 9227 6178 (metro callers)
☎ 1800 198 205 (country callers – free call from a land line only)

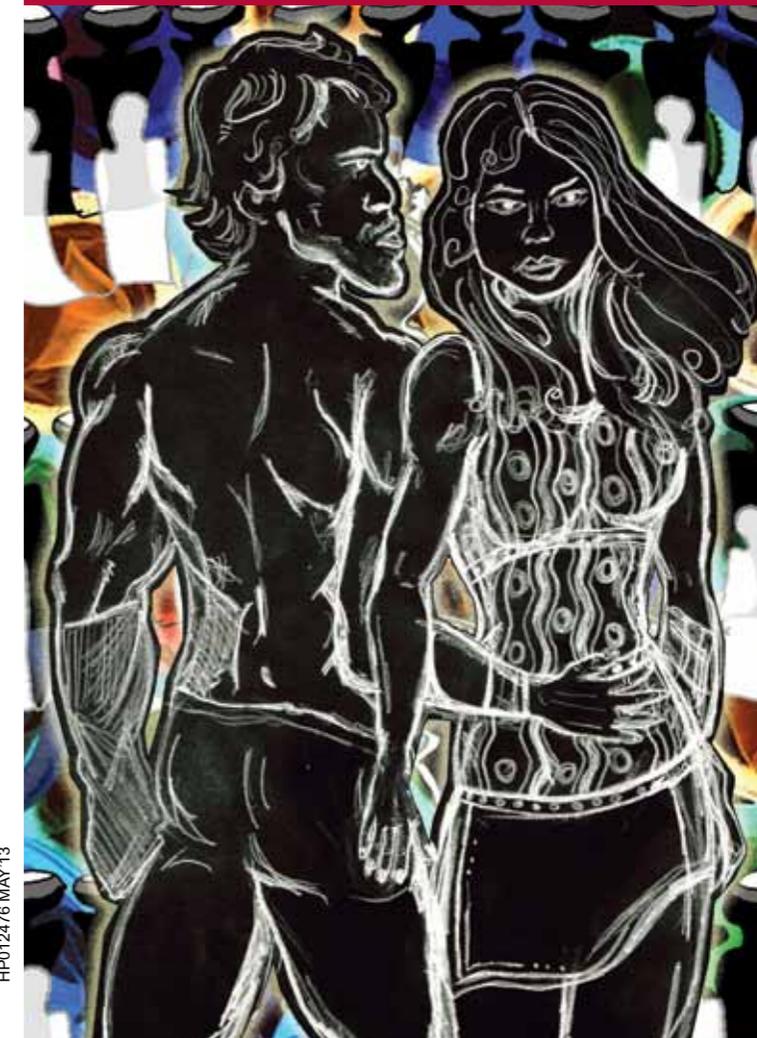
For more information on STIs and HIV, visit www.public.health.wa.gov.au

This document can be made available in alternative formats on request for a person with a disability.

Front cover and border illustrations by Sam Cook.

Produced by the
Sexual Health and Blood-borne Virus Program
Public Health and Clinical Services
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HP012476 MAY'13



HIV/AIDS

HIV is a sickness (infection) that you can get from having sex or sharing needles with someone who has the infection.

Anyone who has vaginal, anal (arse, bum) or oral (mouth) sex without a condom can get HIV. It can also be spread by blood to blood contact such as sharing syringes or tattooing equipment. If a woman has HIV, she can pass it on to her baby.

You can't tell if you or another person has HIV just by looking.

You can easily get help and treatment if you think you might have HIV or any other sexually transmitted infection (STI).

Pregnancy and HIV

Women who have HIV can pass it on to their baby when they are pregnant or giving birth. The baby may get very sick unless it has special medicine.

Women who have HIV need to have good medical care right from planning their pregnancy, all the way through the pregnancy and after the baby is born.



HIV and AIDS

HIV is a virus that damages the natural way our body fights against diseases.

Human = a person

Immunodeficiency = our body gets weak

Virus = germs

Sometimes when people first get HIV they have headaches, fever and feel like they have the flu. This usually goes away without any special treatment. Other people have no signs of sickness.

People can have the HIV in their body for a long time and not feel sick at all. But the infection will never go away and if it is left untreated, it can lead to serious sickness.

Once it is in the body, HIV stays inside and can be passed on to people you have sex or share needles with.

There's no cure for HIV.

What is AIDS?

If the HIV virus is not treated, your body can't fight off sickness any more. This is called AIDS.

Once a person develops AIDS, they get different diseases such as infections, pneumonia and cancer.

Acquired = to get

Immune = our body fighting against sickness

Deficiency = our body is very weak

Syndrome = different sicknesses that attack the body.

People can have HIV for many years before their body develops AIDS.

People who have the HIV virus can take medicine to keep them healthy.

The medicine can help stop HIV becoming AIDS.

What if I think I have it?

The only way to know if you have HIV is to have a blood test at the clinic.

Clinic workers or your Doctor will yarn with you in private before you have the test.

It can take up to three months for HIV to show up in a blood test. Usually the clinic will ask you to come back for a second blood test after three months in case the infection hasn't had time to show in the blood.



If you have HIV you need to look after yourself to stay healthy (e.g. healthy food, less grog). You need to be careful so you don't give it to anyone else (e.g. safe sex).

People you've had sex with or shared needles with?

If your blood test shows you have HIV, it's important you tell people you have had sex with or shared needles with because they could have it too. They can then be tested and treated. If you want, the clinic can do it for you without telling anyone your name. You **can't** get HIV/AIDS from:

- kissing
- hugging
- sharing cups or plates
- toilet seats
- insects or pets
- swimming pools
- baths or towels.

You can stop HIV from spreading?

- Have an STI/HIV check if you are at risk (**Am I at risk?** See next page)
- Stay with one partner
- Safe Sex – use condoms and water based lube **every time** you have sex