



## HIV/AIDS Risks

HIV is a Human Immuno-deficiency Virus transmitted through blood, unprotected sex and mother-to-child transmission. People weakened by HIV can develop AIDS (Acquired Immune Deficiency Syndrome), when opportunistic infections can attack the body and ultimately cause death. You are at risk of being infected with the HIV virus if you are exposed to any of the following:

- **Unsafe sex with an HIV-positive person**

- Unprotected sex is the most common cause of HIV infection among both heterosexuals and homosexuals - practise safe sex by using condoms, by being faithful to one healthy sexual partner or abstaining from sex to avoid HIV infection

- **Direct bodily contact with blood from HIV positive people**

- This applies to drug users who use infected needles, people who use dirty tattoo needles and people involved in car accidents who are exposed to infected blood

- **Work-related exposure**

- Where health workers are accidentally pricked by an infected needle.

**You cannot get HIV from** the following type of contact with HIV positive people:

- Touching
- Kissing
- Coughing and sneezing
- Sharing toilet facilities
- Sharing food and drinks.

United Nations AIDS data estimates that over 33 million people in the world are HIV positive, with the majority of these living in South Africa. This is why all South Africans should know their status and take action to prevent and treat HIV. Kaelo offers specialist training, education and advice regarding HIV/AIDS and also assists HIV-positive people to manage their illness and live a positive, healthy and productive life. Everyone should get an HIV test annually to know their status, get treatment if needed and take preventative action to avoid HIV infection or re-infection.