

PREVENT HIV, PROMOTE HEALTH

HIV SPREADS THROUGH...



UNPROTECTED SEX:

HIV can be transmitted from a woman to a man or vice versa. Open cuts and sores increase the risk.



INJECTING DRUGS:

Shared unsterilized equipment can carry infected blood. Contaminated and used needles used for body piercing and tattooing can carry a risk.



BLOOD TRANSFUSIONS/ TRANSPLANTS:

All donated blood should be tested for HIV; any untested blood carries a risk of transmission. In South Africa, donated blood is tested to ensure patient safety.



MOTHER-TO-CHILD:

Transmission can occur during pregnancy, labour, delivery or breast-feeding if treatment is not taken correctly.



NEEDLE STICK OR BODY FLUID SPLASHES:

Healthcare workers are often exposed to HIV due to the nature of their profession and can become infected by needle stick injuries or body fluid splashes in the eye or in the mouth.

BUT IT DOESN'T HAVE TO... PROTECT YOURSELF!



GET TESTED AND KNOW YOUR PARTNER'S STATUS



USE CONDOMS



LIMIT YOUR NUMBER OF SEXUAL PARTNERS



GET TESTED AND TREATED FOR STD'S



DON'T USE DRUGS



For confidential assistance on health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
 on toll-free 0800 004 770
 SMS your name to 31581