

HIV+

DO YOU KNOW YOUR RESPONSIBILITIES?

CAREER

TO YOURSELF: You shouldn't be discriminated against at work. Talk to HR about your rights.

TO OTHERS: If you have a dangerous job (e.g. mining or operating heavy machinery), and there's a risk of injury and coworkers coming into contact with your blood, it's advisable to disclose your status to your employer.

SEX LIFE

TO YOURSELF: Always use a condom because unprotected sex puts you at risk of STDs.

TO OTHERS: Be considerate of your sexual partner/s. It's advisable to tell them about your HIV status.

HEALTH

TO YOURSELF:

Don't miss check-ups with your doctor.

TO OTHERS:

Avoid donating blood, organs or tissues.

MEDICATION

TO YOURSELF: Take your medication exactly as prescribed to better manage your condition.

TO OTHERS: Do not share your medication with anyone.



**For confidential assistance on health matters, contact your
EMPLOYEE WELLNESS PROGRAMME
or SMS your name to 31581**