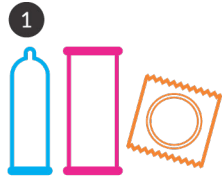


# 5 secrets to safe sex



1 Protect yourself



2 Talk to your partner



3 Get tested

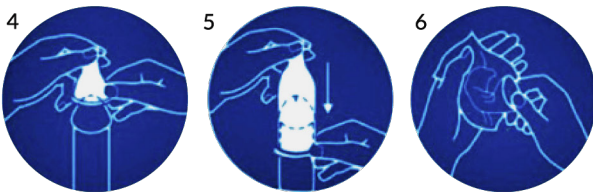
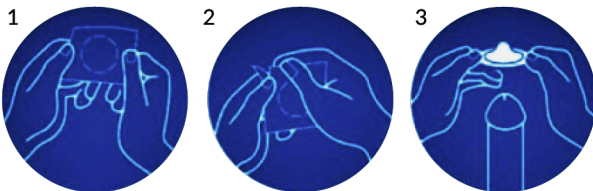


4 Plan pregnancy

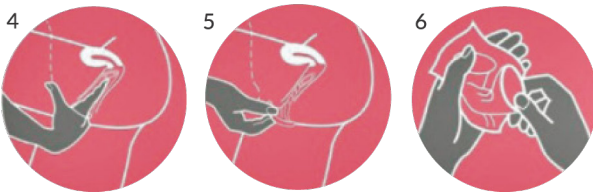


5 Know your body

## Male Condom Instructions



## Female Condom Instructions



## Want to know more?

### Central/East

Our place (Youth friendly services)	3319078
Reproductive health clinic (Suva)	3319144
CWM Hospital	3813444
Korovou Hospital	3430044
Vuridawa Hospital	3435030
Kadavu Hospital	3620788
Navua Hospital	3460181
Levuka Hospital	3440088

### West

Reproductive Health (Lautoka)	6640243
	6660411
Lautoka Hospital	6660399
Nadi Hospital	6701128
Ba Hospital	6674022
Sigatoka Hospital	6500455

### North

Reproductive Health Clinic (Labasa)	8812522
Labasa Hospital	8811444
Wainikoro Health Centre	8832444
Nabouwalu Hospital	8836044
Savusavu Hospital	8850444
Taveuni Hospital	8880444

## About HIV, and protecting yourself



Did you know that 1 in 4 people have a Sexually Transmitted Infection?

What's your status?

# About HIV, and protecting yourself

## WHAT IS IT?

**HIV** (Human Immunodeficiency Virus) is a virus that damages the body's immune system, which makes it hard to fight off illnesses. Over time, HIV can develop into AIDS.

## AM I AT RISK?

HIV is passed on through...

1. **Blood**--from used needles, piercing supplies etc.
2. **Genital fluids**--from unprotected anal, oral or vaginal sex.
3. **Breastmilk**--from untreated HIV+ mother to baby.

You **CANNOT** get HIV by touching, hugging, sharing bowls or plates with someone HIV+, or through bug bites, sweat, or urine.

## HOW DO I KNOW I HAVE IT?

Blood test at nearest health center.  
Early detection is the best protection.

Get tested!

## SYMPTOMS

Some people with HIV don't show symptoms for up to 15 years.

After the 1st few weeks of infection, symptoms include:

- Flu-like symptoms (being tired, muscle aches, fever)
- Night sweats
- Rash

## COMPLICATIONS

Untreated, HIV can cause:

- Immune system in danger of attack
- AIDS** (Acquired Immuno-Deficiency Syndrome) in which a person's body becomes so weak, even a flu can send them to a hospital.

## WHAT NOW?

### TREATMENT

-Found early, treatment can slow the infection or prevent **HIV** development to **AIDS**.

-This treatment can help lower the risk of passing HIV onto others.

-Your sexual partner(s) need to be tested and advised of treatment options.

### PREVENTION

-Know your status and that of your partner.

-Use a condom from start to finish each time you have sex.

Get tested every  
**6 months.**