

What is AIDS?

How can AIDS be avoided?



VIH?

What is AIDS?



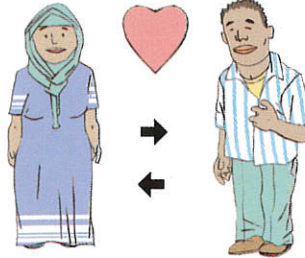
AIDS is a disease caused by a virus called HIV (Humans Immune Deficiency Virus). It produces a failure in your immune system. Virus, parasites and bacteria that don't usually cause any problems can make you feel very sick if your immune system is damaged.

What is a seropositive person?



It's a person infected by HIV, but who is not necessary sick because of AIDS. A seropositive person, although he is not ill, he can spread by contagion the virus.

How do you get AIDS?

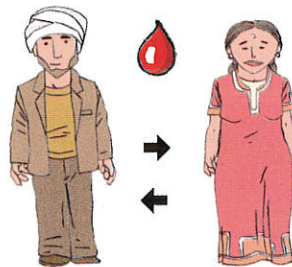


SEXUAL TRANSMISSION

Having sex without a condom.

It can be transmitted by:

- An infected man to a woman
- An infected woman to a man
- An infected man a another man



BLOOD TRANSMISSION

For the shared use of contaminated needles, for piercing and tattooing without guarantees, etc.



MOTHER - CHILD TRANSMISSION

It can be transmitted from an infected mother to her child during pregnancy. There are also risks of transmission through mother milk.

How is condom used?



Tear along one side of the foil, being sure not to rip the condom inside. Carefully remove the condom.



Squeeze the closed end of the condom between your fore finger and thumb and place the condom over the while it is still erect.



Soon after ejaculation, withdraw the penis while it is still erect by holding the condom firmly in place.

How can

AIDS be avoided?



Using a condom in sexual relations.

Avoiding contact with other people's needles.

Interesting addresses:

900 21 22 22

free and confidential information

Any further information in Santa Coloma de Gramenet, attend to your doctor at the primary attention centres or at the Women Attention Centre.