

HIV/AIDS: The Facts

HIV/AIDS is a huge problem in Kenya with over 3 million people infected - it has created over 890,000 orphans.

Every person should have enough information to make an informed decision about safer sex and feel comfortable enough to insist that a condom is used every time they have sexual intercourse, even between married couples.

HIV/AIDS- MYTHS

- HIV/AIDS cannot be caught through kissing, cuddling or skin contact in any way
- Sexual intercourse with a virgin will not cure AIDS or any other sexually transmitted infections
- You cannot tell if someone has HIV by just looking at them. It may take several years after infection to become seriously ill
- Only sex workers, drug users or homosexuals are at risk of HIV infection
- Good personal hygiene will prevent HIV transmission
- HIV infection is a punishment and only bad or evil people become infected with HIV
- Once you are infected with HIV there is

HIV/AIDS – FACTS

- There is no cure for HIV/AIDS, but infection can be prevented through safer sex practices
- **Consistent condom use has been shown to reduce HIV incidence by 80%**
- HIV is spread by sexual contact with infected people, through infected blood or by injecting drugs
- Maintaining good health by eating healthy foods, and seeking medical treatment whenever you feel sick will help to reduce the life-threatening effects of HIV/AIDS
- If proper medical advice is followed, people can live healthy lives for many, many years after becoming infected with HIV
- It is important that you know your status, so

The Shikunga Health-care clinic offers a range of family planning services and can provide more detailed information on HIV/AIDS. For more information, please feel free to speak to the nurse or clinical officer at Shikunga Health-care clinic.

Any questions asked will be kept confidential and you will be treated with respect and dignity.