

THE MOST HARMFUL DISEASES Know them and protect yourself. If you already have one, go to your doctor.



No risk



Warning



And now, look after yourself and your loved ones

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HIV/AIDS Sexually Transmitted Diseases – STDs-

your health is your future



HIV/AIDS



What is it?

AIDS is caused by the HIV (Human Immunodeficiency Virus). It attacks the system that protects us against infections. The disease appears when our defences are low. With AIDS any INFECTION can be fatal if not treated because the body is not able to defend itself.

How IS HIV transmitted



Sex: Through vaginal, anal or oral penetration without a condom.



Blood: By sharing syringes, sharp instruments or items that might be stained with blood.



Mother to child: During pregnancy, birth or breast-feeding.

How is HIV NOT transmitted



You can sleep in the same bed, share food and use the same WC.

You can shake hands, hug and kiss an infected person.



You can go to work, school or play sport with HIV positive persons.



A mosquito bite does NOT transmit HIV.

How to prevent it



With a **CONDOM**. In all sexual relations, from the beginning.



DO NOT SHARE syringes, cutting instruments or personal hygiene items with nobody, even if they appear healthy.

IMPORTANT. If you become pregnant, go to your doctor as quickly as possible.

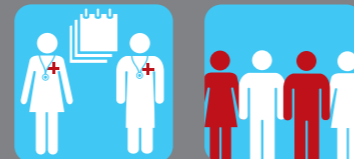
How is it detected



With a **blood TEST**. Be patient, the results take several days to come through.

There are **no clear SYMPTOMS**. People with HIV may feel well and look fine.

How is it treated



There is an **EFFECTIVE TREATMENT** which does not cure but helps to keep the infection under control.

SEXUALLY TRANSMITTED DISEASES – STDs-



What are they?

STDs are different infections that arise through **SEXUAL CONTACT** such as syphilis, gonorrhoea, genital herpes or hepatitis B and C.

Transmission



Vaginal, anal or oral sex **WITHOUT A CONDOM**. Some STDs can cause lesions in some parts of the body, as genital or anal areas, and they can also be infectious.

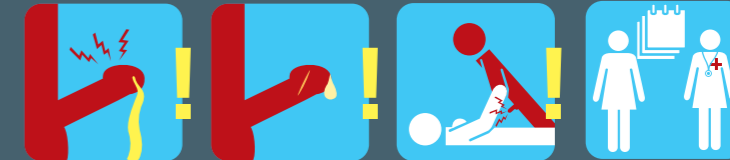
From mother to child during pregnancy or childbirth.

How to prevent them



With a **CONDOM**. The use of a condom during all sexual relations reduces the risk of infection.

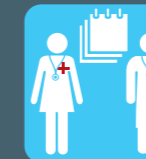
How are they detected



Clear SYMPTOMS may appear: Stinging sensation when urinating, pain while having sexual relations, secretion through penis of 'yellowish droplets', lesions in genital or anal area.

Women should see their gynaecologists for annual check-ups even if they do not have any symptoms, so that their doctor can detect HPV (human papillomavirus).

How are they cured



With **medication**. Most of these diseases can be cured easily, but it is necessary to see a doctor. They may complicate adults' health (sterility) and seriously affect babies' health too.