

How can you get HIV/AIDS?

How you can get HIV/AIDS



Unprotected sex
(without a condom)



Unsterilised syringes, needles or knives



A woman or girl who is infected with HIV can transmit the virus to her baby during pregnancy, delivery or during breastfeeding



Blood transfusion using blood infected with HIV

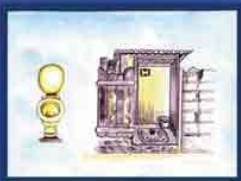
How you cannot get HIV/AIDS



By kissing, hugging or touching



Sharing plates, glasses, spoons or eating together



Toilets, baths, showers



Insect bites

avoid HIV/AIDS!