

Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention
Section, Forsyth County Department of Public Health



NATIONAL HIV/AIDS AWARENESS MONTH

December 1st is WORLD AIDS DAY!

This is a time to remember those lost
and the strides that have been made.

It is a time to get tested
and
KNOW YOUR STATUS!

AIDS is not a death
sentence but you must
first know your status.
Take charge of your
health and **get tested!**



WHAT IS HIV?

- Human Immunodeficiency Virus (HIV) is the virus which causes AIDS
- HIV is a virus that attacks and weakens the immune system
 - Only 4 body fluids transmit HIV:
 1. blood
 2. semen
 3. vaginal fluid
 4. breast milk
 - HIV is not curable but it is treatable! People can live a long, healthy life with HIV
 - Unprotected sex and sharing needles are the two primary methods of HIV transmission in the US

WHO IS MOST AFFECTED?

- *Anyone* who is sexually active
- Women
- Racial/ethnic minorities
- Men who have sex with men



For testing or more information:

703-3212 or 703-3213

www.POSSEhealth.org

WHY GET TESTED?

- It's free and confidential at the local health department or through POSSE
- The CDC recommends everyone should at least once in their life be tested
- It's a simple, smart way to take control of your health
- It can affect your entire life and your family's lives
- Living a safe, healthy life is better than living one with HIV
- It's good to know if you are HIV+ so you can know how to stay healthy