

WHAT IS TUBERCULOSIS

Tuberculosis (TB) is an infectious disease usually caused by *Mycobacterium tuberculosis* (MTB) bacteria. Tuberculosis generally affects the lungs, but it can also affect other parts of the body.

Most infections show no symptoms, in which case it is known as latent tuberculosis.

Around 10% of latent infections progress to active disease which, if left untreated, kill about half of those affected.

Infection of other organs can cause a wide range of symptoms.

Tuberculosis also remains a major killer because of the increase in drug-resistant strains. Over time, some TB germs have developed the ability to survive despite medications.

Drug-resistant strains of tuberculosis emerge when an antibiotic fails to kill all of the bacteria it targets.

The surviving bacteria become resistant to that drug and often other antibiotics as well.

Some TB bacteria have developed resistance to the most commonly used treatments, such as isoniazid and rifampin (Rifadin, Rimactane).

Some TB strains have also developed resistance to drugs such as the antibiotics.

The risk factors are that anyone can get tuberculosis, but certain factors can increase your risk, including weakened immune system.

A healthy immune system often successfully fights TB bacteria.

However, several conditions and medications can weaken your immune system, including:

- HIV/AIDS
- Diabetes
- Severe kidney disease
- Certain cancers
- Cancer treatment, such as chemotherapy
- Drugs to prevent rejection of transplanted organs
- Some drugs used to treat rheumatoid arthritis, Crohn's disease and psoriasis
- Malnutrition or low body weight
- Very young or advanced age
- Traveling or living in certain areas

WHAT ARE THE SYMPTOMS OF TUBERCULOSIS

Some people who acquire Mycobacterium Tuberculosis, the bacterium that causes TB, do not experience symptoms.

This condition is known as latent TB.

TB can stay dormant for years before developing into active TB disease.

It's called active TB if you have symptoms.

However, in some cases, symptoms might not develop until months or even years after the initial infection.

Sometimes the infection does not cause any symptoms. This is known as latent TB.

General symptoms of TB.

Because active TB typically causes many symptoms.

Your symptoms might not begin until months or even years after you were initially infected.

While symptoms usually relate to the respiratory system, they could affect other parts of the body, depending on where the TB bacteria grow.

Symptoms caused by TB in the lungs include:

- Extreme tiredness or fatigue
- Cough lasting more than 3 weeks
- Coughing up blood or sputum (phlegm)
- Chest pain
- General TB symptoms
- Unexplanable fatigue
- Weakness
- Fever
- Chill's
- night sweats
- Appetite loss
- Weight loss
- Along with general symptoms

TB that spreads to other organs can also cause blood in urine and loss of kidney function, if TB affects the kidneys back pain and stiffness, muscle spasms, and spinal irregularity if TB affects the spine, nausea and vomiting, confusion, and loss of consciousness, if TB spreads to the brain.

These symptoms can have many different causes, however, and are not always a sign of TB.

Most TB infections affect the lungs, which can cause a persistent cough that lasts more than 3 weeks and usually brings up phlegm, which may be bloody, breathlessness that gradually gets worse.

TB outside the lungs less commonly, TB infections develop in areas outside the lungs, such as the small glands that form part of the immune system (the lymph nodes), the bones and joints, the digestive system, the bladder and reproductive system, and the brain and nerves (the nervous system).

Symptoms can include:

- Persistent swollen glands
- Abdominal pain
- Pain and loss of movement in an affected bone or joint
- confusion
- Persistent headache
- Fits (seizures)

HOW DOES THE TUBERCULOSIS SPREAD

Tuberculosis is spread from one person to the next through the air when people who have active TB in their lungs cough, spit, speak, or sneeze.

People with Latent TB do not spread the disease.

Active infection occurs more often in people with HIV/AIDS and in those who smoke.

Diagnosis of active TB is based on chest X-rays, as well as microscopic examination and culture of body fluids.

WHAT'S THE CAUSE OF TUBERCULOSIS

Tuberculosis (TB) is caused by a type of bacterium called *Mycobacterium tuberculosis*.

It's spread when a person with active TB disease in their lungs coughs or sneezes and someone else inhales the expelled droplets, which contain TB bacteria.

Although TB is spread in a similar way to a cold or flu, it is not as contagious.

You would have to spend prolonged periods (several hours) in close contact with an infected person to catch the infection yourself.

For example, TB infections usually spread between family members who live in the same house. It would be highly unlikely for you to become infected by sitting next to an infected person on, for instance, a bus or train.

Not everyone with TB is infectious. Children with TB or people with a TB infection that occurs outside the lungs (extrapulmonary TB) do not spread the infection.

LATENT OR ACTIVE TB

In most healthy people, the immune system is able to destroy the bacteria that cause TB.

But in some cases, the bacteria infect the body but do not cause any symptoms (latent TB), or the infection begins to cause symptoms within weeks, months or even years (active TB).

Up to 10% of people with latent TB eventually develop active TB years after the initial infection.

This usually happens either within the first year or two of infection, or when the immune system is weakened for example, if someone is having chemotherapy treatment for cancer.

THE OTHER FACTORS THAT CAN CAUSE TUBERCULOSIS ARE

-Using substances.

Like IV drugs or excessive alcohol use weakens your immune system and makes you more vulnerable to tuberculosis.

-Using tobacco.

Greatly increases the risk of getting TB and dying of it.

-Working in health care.

Or regular contact with people who are ill increases your chances of exposure to TB bacteria.

-Living or working.

In a residential care facility. People who live or work in prisons, homeless shelters, psychiatric hospitals or nursing homes are all at a higher risk of tuberculosis due to overcrowding and poor ventilation.

-Living with someone infected with TB.

And close contact with someone who has TB increases your risk.

HOW CAN YOU PREVENT TUBERCULOSIS

Keeping your immune system healthy and avoiding exposure to someone with active TB is the best way to prevent a TB infection.

To prevent the transmission of tuberculosis are improving ventilation in door spaces so there are fewer bacteria in the air.

Using germicidal UV lamps to kill airborne bacteria in buildings where there are people at high risk of TB.

To protect your family and friends if you have active TB

Follow these tips to help keep your friends and family from getting sick:

-Stay home. Don't go to work or school or sleep in a room with other people

-Ventilate the room. Tuberculosis germs spread more easily in small closed spaces where air doesn't move. If it's not too cold outdoors, open the windows and use a fan to blow indoor air outside.

-Cover your mouth. Use a tissue to cover your mouth anytime you laugh, sneeze or cough. Put the dirty tissue in a bag, seal it and throw it away.

WHAT ARE THE TYPES OF TUBERCULOSIS

-The active TB Disease.

The active TB is an illness in which the TB bacteria are rapidly multiplying and invading different organs of the body.

The typical symptoms of active TB variably include cough, phlegm, chest pain, weakness, weight loss, fever, chills and sweating at night.

A person with active pulmonary TB disease may spread TB to others by airborne transmission of infectious particles coughed into the air.

If you are diagnosed with an active TB disease, be prepared to give a careful, detailed history of every person with whom you have had contact. Since the active form may be contagious, these people will need to be tested, as well.

Multi-drug treatment is employed to treat active TB disease.

Depending on state or local public health regulations, you may be asked to take your antibiotics under the supervision of your physician or other healthcare professional.

This program is called "Directly Observed Therapy" and is designed to prevent abandonment or erratic treatment, which may result in "failure" with continued risk of transmission or acquired resistance of the bacteria to the medications, including the infamous multi-drug resistant TB (MDR-TB).

- Miliary TB.

Miliary TB is a rare form of active disease that occurs when TB bacteria find their way into the bloodstream. In this form, the bacteria quickly spread all over the body in tiny nodules and affect multiple organs at once. This form of TB can be rapidly fatal.

- Latent TB Infection.

Many of those who are infected with TB do not develop overt disease. They have no symptoms and their chest x-ray may be normal. The only manifestation of this encounter may be reaction to the tuberculin skin test (TST) or interferon-gamma release assay (IGRA). However, there is an ongoing risk that the latent infection may escalate to active disease. The risk is increased by other illnesses such as HIV or medications which compromise the immune system. To protect against this, the United States employs a strategy of preventive therapy or treatment of latent TB infection.

WHAT IS DIABETES

Diabetes mellitus, commonly known as diabetes, is a group of metabolic disorders characterized by a high blood sugar level over a prolonged period of time.

If left untreated, diabetes can cause many health complications.

Acute complications can include diabetic ketoacidosis, hyperosmolar hyperglycemic state, or death.

Serious long-term complications include cardiovascular disease, stroke, chronic kidney disease, foot ulcers, damage to the nerves, damage to the eyes and cognitive impairment.

Diabetes is due to either the pancreas not producing enough insulin, or the cells of the body not responding properly to the insulin produced.

There are three main types of diabetes mellitus

THE DIABETES TYPES

The diabetes mellitus, commonly known as diabetes, is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it does make.

Untreated high blood sugar from diabetes can damage your nerves, eyes, kidneys, and other organs. There are a few different types of diabetes:

-**Type 1 diabetes** is an autoimmune disease. The immune system attacks and destroys cells in the pancreas, where insulin is made. It's unclear what causes this attack. About 10 percent of people with diabetes have this type.

-**Type 2 diabetes** occurs when your body becomes resistant to insulin, and sugar builds up in your blood.

-**Prediabetes** occurs when your blood sugar is higher than normal, but it's not high enough for a diagnosis of type 2 diabetes.

-**Gestational** diabetes is high blood sugar during pregnancy. Insulin-blocking hormones produced by the placenta cause this type of diabetes.

A rare condition called diabetes insipidus is not related to diabetes mellitus, although it has a similar name. It's a different condition in which your kidneys remove too much fluid from your body.

Each type of diabetes has unique symptoms, causes, and treatments. Learn more about how these types differ from one another.

WHAT ARE THE SYMPTOMS OF DIABETES

Diabetes symptoms are caused by rising blood sugar.
The general symptoms of diabetes include:

- Increased hunger
- Increased thirst
- Weight loss
- Frequent urination
- Blurry vision
- Extreme fatigue
- Sores that don't heal

SYMPTOMS IN MEN

In addition to the general symptoms of diabetes, men with diabetes may have a decreased sex drive, erectile dysfunction (ED), and poor muscle strength.

SYMPTOMS IN WOMEN

Women with diabetes can also have symptoms such as urinary tract infections, yeast infections, and dry, itchy skin.

-Type 1 diabetes.

Symptoms of type 1 diabetes can include:

- Extreme hunger
- Increased thirst
- Unintentional weight loss
- Frequent urination
- Blurry vision
- Tiredness
- It may also result in mood changes.

-Type 2 diabetes.

Symptoms of type 2 diabetes can include:

increased hunger
increased thirst
increased urination
blurry vision
tiredness

sores that are slow to heal

It may also cause recurring infections. This is because elevated glucose levels make it harder for the body to heal.

- **Gestational diabetes.**

Most women with gestational diabetes don't have any symptoms. The condition is often detected during a routine blood sugar test or oral glucose tolerance test that is usually performed between the 24th and 28th weeks of gestation.

In rare cases, a woman with gestational diabetes will also experience increased thirst or urination.

THE DIABETES PREVENTION

Type 1 diabetes isn't preventable because it's caused by a problem with the immune system.

Some causes of type 2 diabetes, such as your genes or age, aren't under your control either.

Yet many other diabetes risk factors are controllable.

Most diabetes prevention strategies involve making simple adjustments to your diet and fitness routine.

If you've been diagnosed with prediabetes, here are a few things you can do to delay or prevent type 2 diabetes:

- Get at least 150 minutes per week of aerobic exercise, such as walking or cycling.
- Cut saturated and trans fats, along with refined carbohydrates, out of your diet.
- Eat more fruits, vegetables, and whole grains.
- Eat smaller portions.
- Try to lose 7 percent of your body weight if you're overweight or obese.

WHAT ARE THE CAUSE OF DIABETES

Different causes are associated with each type of diabetes.

-Type 1 diabetes.

Doctors don't know exactly what causes type 1 diabetes. For some reason, the immune system mistakenly attacks and destroys insulin-producing beta cells in the pancreas.

Genes may play a role in some people. It's also possible that a virus sets off the immune system attack.

-Type 2 diabetes.

Type 2 diabetes stems from a combination of genetics and lifestyle factors. Being overweight or obese increases your risk too.

Carrying extra weight, especially in your belly, makes your cells more resistant to the effects of insulin on your blood sugar.

This condition runs in families.

Family members share genes that make them more likely to get type 2 diabetes and to be overweight.

-Gestational diabetes.

Gestational diabetes is the result of hormonal changes during pregnancy. The placenta produces hormones that make a pregnant woman's cells less sensitive to the effects of insulin. This can cause high blood sugar during pregnancy.

Women who are overweight when they get pregnant or who gain too much weight during their pregnancy are more likely to get gestational diabetes.

The bottom line is both genes and environmental factors play a role in triggering diabetes

WHAT ARE THE DIABETES RISK FACTORS

Certain factors increase your risk for diabetes.

-Type 1 diabetes.

You're more likely to get type 1 diabetes if you're a child or teenager, you have a parent or sibling with the condition, or you carry certain genes that are linked to the disease.

-Type 2 diabetes.

Your risk for type 2 diabetes increases if you:

- Are overweight
- Are age 45 or older
- Have a parent or sibling with the condition
- Aren't physically active
- Have had gestational diabetes
- Have prediabetes
- Have high blood pressure, high cholesterol, or high triglycerides
- Have African American, Hispanic or Latino American, Alaska Native, Pacific Islander, American Indian, or Asian American ancestry

-Gestational diabetes.

Your risk for gestational diabetes increases if you:

- Are overweight
- Are over age 25
- Had gestational diabetes during a past pregnancy
- Have a given birth to a baby weighing more than 9 pounds
- Have a family history of type 2 diabetes
- Have polycystic ovary syndrome (PCOS)

WHAT IS EBOLA

Ebola, first appeared in 1976 also known as Ebola virus disease (EVD) and Ebola hemorrhagic fever (EHF), is a viral hemorrhagic fever in humans and other primates, caused by ebolaviruses.

Symptoms typically start anywhere between two days and three weeks after becoming infected with the virus.

The disease kills between 25% and 90% of those infected about 50% on average.

Death is often due to shock from fluid loss, and typically occurs between six and 16 days after the first symptoms appear.

Fruit bats are believed to be the normal carrier in nature; they are able to spread the virus without being affected by it.

Control of outbreaks requires community engagement, including rapid detection, contact tracing of those exposed, care for those infected, and proper disposal of the dead through cremation or burial.

After a person recovers from Ebola, their semen or breast milk may continue to carry the virus for anywhere between several weeks to several months. Fruit bats are believed to be the normal carrier in nature; they are able to spread the virus without being affected by it.

As the virus spreads through the body, it damages the immune system and organs. Ultimately, it causes levels of blood-clotting cells to drop. This leads to severe, uncontrollable bleeding.

The disease was known as Ebola hemorrhagic fever but is now referred to as Ebola virus.

HOW DO YOU GET EBOLA

Ebola isn't as contagious as more common viruses like colds, influenza, or measles.

It spreads to people by contact with the skin, or body fluids of an infected animal, like a monkey, chimp, or fruit bat.

Then it moves from person to person the same way.

Those who care for a sick person or bury someone who has died from the disease often get it.

Other ways to get Ebola include touching contaminated surfaces.

For example, it can be spread by:

- Directly touching the body of someone who has symptoms
- Or recently died from the disease
- Cleaning up body fluids (blood, poo, urine or vomit)
- Or touching the soiled clothing of an infected person

The virus can survive for several days outside the body.

Studies show traces of Ebola may remain in semen many months after recovery.

You can't get Ebola from air, water, or food. A person who has Ebola but has no symptoms can't spread the disease, either.

Ebola can not be caught through routine social contact, such as shaking hands, with people who do not have symptoms.

WHAT ARE THE SYMPTOMS OF EBOLA

The symptoms of Ebola may resemble those of several other diseases, including malaria, cholera, typhoid fever, meningitis and other viral hemorrhagic fevers.

Early on, Ebola can feel like the flu or other illnesses.

Symptoms show up 2 to 21 days after infection and usually include:

- High fever
- Headache
- Joint and muscle aches
- Sore throat
- Severe muscle weakness
- Lack of appetite

As the disease gets worse, it causes bleeding inside the body, as well as from the eyes, ears, and nose or mouth.

Some people will vomit or cough up blood, have bloody diarrhea, and get a rash, stomach pain and reduced kidney and liver function can follow.

Sometimes it's hard to tell if a person has Ebola from the symptoms alone.

TREATMENT FOR EBOLA

There's currently no treatment for Ebola virus disease, despite drug therapies

Dehydration is common, so fluids may be given directly into a vein. Blood oxygen levels and blood pressure also needs to be maintained at the right level,

Ebola virus disease is often fatal, with 1 in 2 people dying from the disease. The sooner a person is given care, the better the chance they'll survive.

After a person recovers from Ebola, their semen or breast milk may continue to carry the virus for anywhere between several weeks to several months.

WHERE IS THE EBOLA

It started in Guinea and spread to Leone, Liberia , and Nigeria.

In two simultaneous outbreaks: one in Nzara (a town in South Sudan) and the other in Yambuku (Democratic Republic of the Congo), a village near the Ebola River, from which the disease takes its name. Ebola outbreaks occur intermittently in tropical regions of sub-Saharan Africa. Between 1976 and 2012, there were 24 outbreaks of Ebola resulting in a total of 2,387 cases, and 1,590 deaths.

The largest Ebola outbreak to date was an epidemic in West Africa from December 2013 to January 2016, with 28,646 cases and 11,323 deaths.

On 29 March 2016, it was declared to no longer be an emergency. Other outbreaks in Africa began in the Democratic Republic of the Congo in May 2017 and 2018.

WHAT IS HIV

The HIV human immunodeficiency virus is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases.

It is spread by contact with certain bodily fluids of a person with HIV, most commonly during sex with a condom or sex without a condom HIV can lead to the disease AIDS (acquired immunodeficiency syndrome).

The human body can't get rid of HIV and no effective HIV cure exists. So, once you have HIV, you have it for life.

In addition, there are effective methods to prevent getting HIV through sex or drug use, including pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP).

The human immunodeficiency viruses (HIV) are two species of Lentivirus (a subgroup of retrovirus) that infect humans.

Over time, they cause acquired immunodeficiency syndrome (AIDS), a condition in which progressive failure of the immune system allows life-threatening opportunistic infections and cancers to thrive.

The average survival time after infection with HIV is estimated to be 9 to 11 years.

In most cases, HIV is a sexually transmitted infection and occurs by contact with or transfer of blood, pre-ejaculate, semen, and vaginal fluids.

Non-sexual transmission can occur from an infected mother to her infant during pregnancy, during childbirth by exposure to her blood or vaginal fluid, and through breast milk.

Within these bodily fluids, HIV is present as both free virus particles and virus within infected the vital immune cells in the human immune system, such as helper T cells (specifically CD4+ T cells), macrophages, and dendritic cells.

HIV infection leads to low levels of CD4+ T cells through a number of mechanisms, including pyroptosis of abortively infected T cells, apoptosis of uninfected bystander cells, direct viral killing of infected cells, and killing of infected CD4+ T cells by CD8+ cytotoxic lymphocytes that recognize infected cells. When CD4+ T cell numbers decline below a critical level, cell-mediated immunity is lost, and the body becomes progressively more susceptible to opportunistic infections, leading to the development of AIDS.

WHAT DAMAGE THE INFECTION CAN CAUSE

The different damage the HIV infection can cause are called :

-Pneumocystis pneumonia (PCP).

This fungal infection can cause severe illness.

PCP is still the most common cause of pneumonia in people infected with HIV.

-Candidiasis (thrush).

Candidiasis is a common HIV-related infection. It causes inflammation and a thick, white coating on your mouth, tongue, esophagus or vagina.

-Tuberculosis (TB).

TB is a common opportunistic infection associated with HIV. Worldwide, TB is a leading cause of death among people with AIDS.

-Cytomegalovirus.

This common herpes virus is transmitted in body fluids such as saliva, blood, urine, semen and breast milk. A healthy immune system inactivates the virus, and it remains dormant in your body.

If your immune system weakens, the virus resurfaces, can cause damage to your eyes, digestive tract, lungs or other organs.

-Cryptococcal meningitis.

Meningitis is an inflammation of the membranes and fluid surrounding your brain and spinal cord (meninges).

Cryptococcal meningitis is a common central nervous system infection associated with HIV, caused by a fungus found in soil.

-Toxoplasmosis. This potentially deadly infection is caused by *Toxoplasma gondii*, a parasite spread primarily by cats.

Infected cats pass the parasites in their stools, which may then spread to other animals and humans. Toxoplasmosis can cause heart disease, and seizures occur when it spreads to the brain.

WHAT ARE THE SYMPTOMS OF HIV INFECTIONS

The symptoms of HIV and AIDS vary, depending on the phase of infection.

Primary infection (Acute HIV)

Some people infected by HIV develop a flu-like illness within 2 to 4 weeks

Most people experience a short flu-like illness 2 to 6 weeks after HIV infection after the virus enters the body which lasts for a week or 2.

After these symptoms disappear, HIV may not cause any symptoms for many years, although the virus continues to damage your immune system.

This means many people with HIV do not know they're infected as they're at particularly high risk

This illness, known as primary (acute) HIV infection, has

Possible signs and symptoms include:

- Fever
- Headache
- Muscle aches and joint pain
- Rash
- Sore throat and painful mouth sores
- Swollen lymph glands, mainly on the neck
- Diarrhea
- Weight loss
- Cough
- Night sweats
- Persistent, unexplained fatigue
- Swollen lymph glands
- Oral yeast infection (thrush)
- Shingles (herpes zoster)
- Pneumonia
- Progression to AIDS
- Sweats
- Chills
- Persistent white spots or unusual lesions on your tongue or in your mouth
- Weakness
- Weight loss

These symptoms can be so mild that you might not even notice them. However, the amount of virus in your bloodstream is quite high at this time. As a result, the infection spreads more easily during primary infection than during the next stage.

Clinical latent infection (Chronic HIV)

In this stage of infection, HIV is still present in the body and in white blood cells. However, many people may not have any symptoms or infections during this time.

This stage can last for many years.

Some people develop more severe disease much sooner.

HOW IS LIFE LIVING WITH HIV

If you're living with HIV, taking effective HIV treatment and being undetectable significantly reduces your risk of passing HIV on to others.

You'll also be encouraged to:

- Take regular exercise
- Eat a healthy diet
- Stop smoking
- Stop having sex

There is no remedy for HIV and AIDS because it is an incurable disease, the immune system will become severely damaged, and life-threatening illnesses such as cancer and severe infections can occur.

WHAT ARE THE CAUSES OF HIV INFECTIONS

HIV is caused by a virus.

To become infected with HIV, infected blood, semen or vaginal secretions must enter your body

This can happen in several way.

It can be transmitted by coming into direct contact with :

- By having sex
- Drug use
- The the body fluids of an infected person
- This includes semen
- Vaginal and anal fluids
- The blood
- Transmission from mother to baby during pregnancy, birth or breastfeeding
- Semen (cum) and pre-seminal fluid
- Kissing
- Touching
- Sharing anything with a HIV positive person

And will be dependent on many things, such as whether you receive or give oral sex and the oral of the person giving the oral sex.

And the most common way of getting HIV is through having anal or vaginal sex.

HIV can be transmitted through sweat, urine or saliva.

It's a fragile virus and does not survive outside the body for long.

The HIV in these fluids must get into the bloodstream of an HIV-negative person through a mucous membrane (found in the rectum, vagina, mouth, or tip of the penis); open cuts or mouth sores; or by direct injection.

The virus can also enter your body through small tears that sometimes develop in the rectum or vagina during sexual activity.

drug paraphernalia puts you at high risk of HIV and other infectious diseases, such as hepatitis.

Or from blood transfusions.

The risk is high in ther upper-middle-income countries and low-income countries.

HOW CAN YOU PREVENT THE SPREADING OF THE HIV

There's no vaccine to prevent HIV infection and no cure for HIV/AIDS. But you can protect yourself and others from infection.

To help prevent the spread of HIV by:

- Stop having sex
- Not touching contaminated people
- Stop sharing everything with the HIV positive people
- Stop hugging
- Avoiding being in contact with those that has AIDS in any shape or form
- Staying far away from HIV contaminated people
- Not sharing the same food or drinks

Choose to Stop risky sexual behaviors.

By getting married to only 1 partner for life

Stop the number of sexual partners and only choose 1 person to married

The more partners you have, the more likely you will catch HIV (STD).

Having an STD can increase your risk of getting HIV or spreading it to others and for people who do not have HIV but who are at risk of getting HIV.

To reduce the risk of getting HIV through sex or drug use.

And also do not share your equipment with others