

Risky sexual behaviour

The main cause of HIV-AIDS spread is risky sexual behaviour. Sex with multiple partners without condom is the risky sexual behaviour. Men having sex with men also exposes them to risk of infection.

The window period

After exposure to risky situations, HIV test will be positive only after 6-12 weeks. This is the window period. So one has to wait for this period to get an HIV test.

In our country more than 85 percent of HIV transmissions take place through sexual route. There are not "high risk groups" but there are some people who have high risk behaviour. AIDS can strike anybody depending on your behaviour.

AIDS is the illness

AIDS is the illness due to HIV infection. This may take months and years after HIV test is positive. The person is infective in this period. AIDS is a serious disease without permanent cure. But now we have some medicines to reduce its severity. Suggestive symptoms of AIDS:

- Continuous weight loss,
- Persisting diarrhoea,
- Repeated fever illness lasting more than one month.
- The minor features include chronic cough, itching, rash on body and genitals, oral thrush (fungal infection), buboes, and illnesses coming too often.

We can Prevent AIDS

Prevention of HIV/AIDS is the only effective way of removing this deadly disease. Following points are important.

Creating awareness in community about risk causation and spread of HIV/AIDS and its seriousness.

Advising men and women to avoid sex with multiple partners.