**INDIVIDUAL PODCAST**

Hello,

Welcome to my podcast, I will be talking about HIV/AIDS which is my health campaign topic. The purpose is to help control HIV/AIDS in Nigeria and help everyone know their status.

Symptoms of HIV/AIDS include night sweats, fatigue, weight loss, vomiting, skin rashes, etc. The transmission of this disease is through having unsafe sex and sharing equipment such as needles, blades, etc. Antiretroviral drugs help HIV/AIDS reduce the risks of transmission.

I would like to include a story about an HIV patient, about a young lady called Joy who was diagnosed with HIV.This led to her family members mocking and leaving her and thus made the young lady destabilized. After some few months, she went for counseling and was given HIV drugs which are the antiretroviral drugs i mentioned previously. These brought about lots of changes in her and she opened her own organization to help people living with HIV/AIDS to gain their confidence and move on with their life.

My target audience are teenagers and adults. So I would like to say that having safe sex, i.e. use of condom will help control the spread of HIV/AIDS. Regular checkups every three months to know one’s status, limiting the number of sexual partners will help to reduce the rate at which HIV is being spread. Choose a sexual partner wisely, abstaining from sex will help too. Let's help fight aids by spreading the information across the globe.