



YOU
DON'T
HAVE TO
SHARE
EVERYTHING

healthy lifestyles
prevent
AIDS

AIDS/HIV is a condition that progressively reduces the effectiveness of the immune system and leaves individuals susceptible to opportunistic infections. Transmission of the HIV virus can occur through a blood transfusion, contaminated hypodermic needles, exchange between mother and baby during pregnancy, and most commonly anal, vaginal and oral sex.

Practicing safe sex is a simple lifestyle choice that can prevent the spread of AIDS/HIV. To share your thoughts, your morning coffee, and maybe even your pillow with your partner, but it's as simple as using a condom to not share AIDS/HIV.

