

## 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