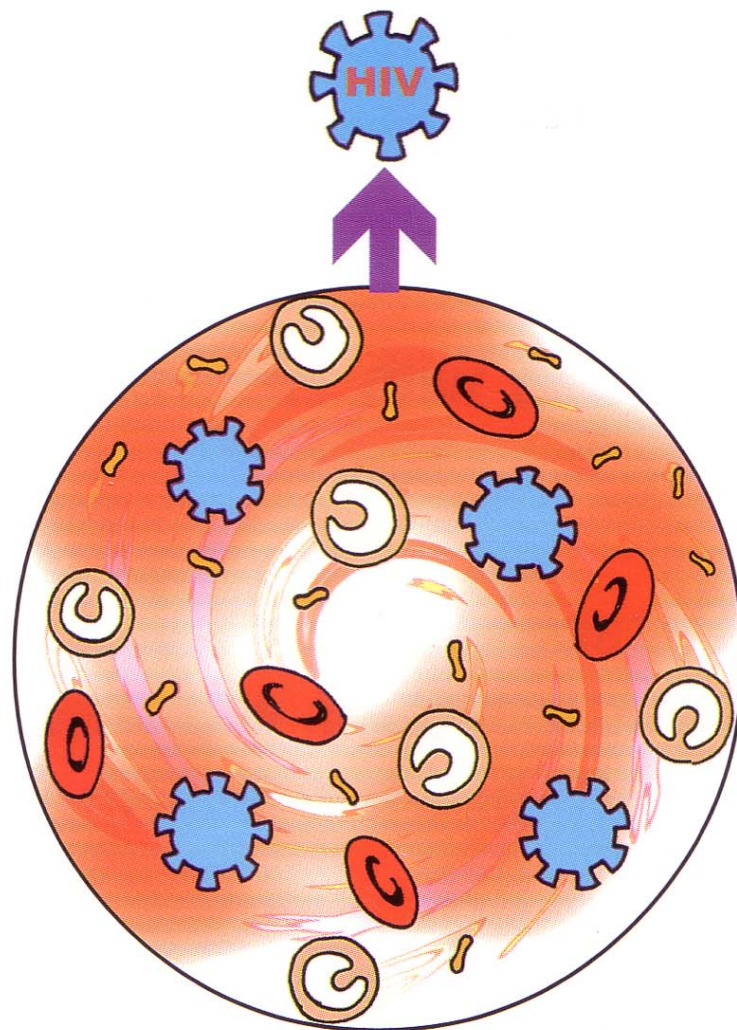




# SEXUAL HEALTH and HIV/AIDS



BLOOD



# YOU CAN'T GET HIV/AIDS FROM...



Kissing



Hugging



Toilet seats



Cutlery or food



Insects or pets



Swimming pools



Blood transfusion  
in Australia

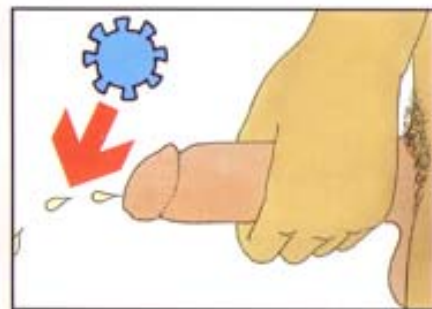


Baths or towels

Anyone - you, me,  
straight, gay, bisexual,  
young or old,  
child or adult  
CAN GET HIV/AIDS

## How?

The only way to get HIV is by getting blood, semen, or vaginal fluid into your body.



HIV CAN  
BE FOUND  
IN SEMEN  
OR ....



VAGINAL  
FLUID  
OR ....

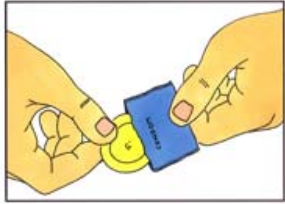


BLOOD

# HOW TO STOP GETTING HIV

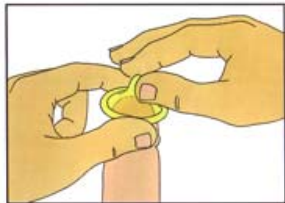


FOLLOW THESE SIMPLE STEPS



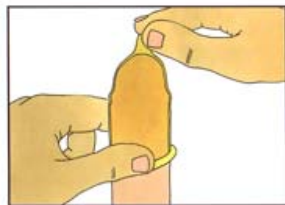
**1**

Take the condom out of the packet



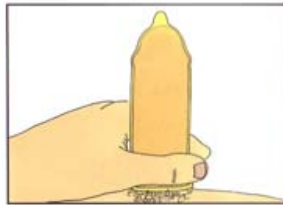
**2**

Squeeze the air out of the tip



**3**

Roll the condom onto the hard penis



**4**

All the way down



**5**

Squeeze some lube out of the tube



**6**

Put lube on the outside of the condom



**7**

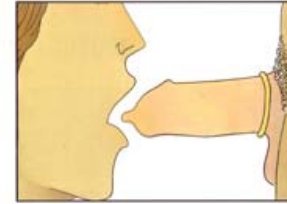
Use a condom for safer vaginal sex



**8**

Use a condom for safer anal sex

## SAFER ORAL SEX



Use a condom for safer oral sex



Use a dental dam for safer anal-oral sex



Use a dental dam for safer vaginal-oral sex

## What is HIV?

**H**uman = Body/person  
**I**mmuno-deficiency = Body defence gets weak  
**V**irus = Germs

## What is AIDS?

**A**cquired = Get  
**I**mmune = Body fights against illness  
**D**eficiency = Body becomes too weak  
**S**yndrome = A group of illnesses

When you have **AIDS** it means that your body will become too weak to fight against illnesses and you may die.

**AIDS** comes from the virus called **HIV**.

## WHERE TO GET HELP

**secca** (sexuality education counselling & consultancy agency)  
 2 Delhi Street, West Perth  
 Telephone: 9420 7226

**WA AIDS Council**  
 664 Murray Street, West Perth  
 Telephone: 9482 0000

**FPWA** (Family Planning WA)  
 70 Roe Street, Northbridge  
 Telephone: 9227 6177 (Toll Free: 1800 198 205)

**Fremantle Hospital B2 Clinic**  
 Alma Street, Fremantle  
 Telephone: 9431 2149

**Royal Perth Hospital Sexual Health Clinic**  
 197 Wellington Street, Perth  
 Telephone: 9224 2178

**Derbarl Yerrigan Health Service**  
 156 Wittenoom Street, East Perth  
 Telephone: 9421 3888