Sexually transmitted infections

- In addition to HIV, unprotected sex can transmit other sexually transmitted infections like Gonorrhoea, syphilis and Herpes.
- One can have these STI's without any symptoms.

If you ever had risky sexual behaviors,
visit the nearest STD clinic and seek medical advice.
At the STD clinic you will be able to get
• Free and confidential HIV testing
• Testing and treatment for other STI's.

Preserve the human rights of people living with HIV/AIDS by Preserving their right to
• Take treatment and care
• Education
• Engage in an occupation
• Live with the rest of the society

Early diagnosis of HIV helps to start timely treatment, improve quality of life and prolong life expectancy

Government Hospitals which have STD Clinics

Colombo Central Clinic - 011-2667163

<table>
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<th>District</th>
<th>STD Clinic</th>
<th>Tel.</th>
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</table>

HIV/AIDS
Be aware
Take care

Inquiries:
NATIONAL STD/AIDS CONTROL PROGRAMME
No. 29, De Saram Place, Colombo 10.
Tel: 011 2667163
Fax: 011 5336873, 2682859
E-mail: info@aidscontrol.gov.lk
Web: www.aidscontrol.gov.lk

Coordination:
MULTI-SECTORAL UNIT
NATIONAL STD/AIDS CONTROL PROGRAMME
Tel: 011 2687625
E-mail: multiunitnsacp@yahoo.com

HIV/AIDS
Be informed
Keep others informed
Behave responsibly
Avoid HIV/AIDS
Know about HIV/AIDS

- Once the HIV virus enters in to the body, the person becomes HIV infected.
- HIV virus weakens the immune system of the body which makes the person more susceptible for infections.
- Symptoms appear 8-10 years after acquisition of infection.
- Once the immunity becomes very week patient will show specific symptoms which are called AIDS.
- A person can acquire HIV infection from an AIDS patient as well as from a HIV infected person.

Modes of transmission of HIV infection

- From infected mother to her baby.
- Through infected blood and blood products.

Prevention of HIV transmission

Prevention of sexual transmission

- Delay sexual exposure
  - till marriage
  - in temporary separation from the partner.
- Limit sexual exposure to one mutual faithful partner.
- Always use condoms correctly and consistently with anybody other than the faithful partner.

Prevention of transmission from infected mother to her child

- Prevention of HIV among sexually active men and women.
- HIV testing of individuals who had unsafe sex before planning a pregnancy.

HIV do not spread by

- Hand shaking
- Mosquitoes and flies
- Common use of cups and plates
- Using common toilets
- Cough or breathing

Prevention of transmission through blood

- Do not share used needles or sharp equipments without sterilization.
- Minimize blood transfusions.
- Avoid blood donation if you had unprotected sex.
- Make sure the blood is tested for HIV, before receiving a blood transfusion.