



Ministry of
Labour and
Labour Relation



International
Labour
Organization



NATIONAL
STD/AIDS
CONTROL
PROGRAMME



SRI LANKA
enriching relationships



Lanka Business Coalition
on HIV & AIDS



THE EMPLOYERS' FEDERATION OF CEYLON
EFC

VCT@WORK
5 million workers by 2015

Produced by the ILO
202, 204 Bauddhaloka Mawatha, Colombo 07, Sri Lanka.

Know your Status



**Timely HIV testing and counselling is
the gateway to wellness**

HIV is a virus that destroys the body's immune system and gradually reduces the capacity to fight infections. If untreated, a person infected with HIV will develop AIDS in about 8-10 years

HIV can spread or be acquired by ...



Unprotected sex with an infected person (sex without a condom)



From an infected pregnant mother to her baby (during pregnancy, delivery or breast feeding)



Exchange of blood or blood products of an infected person



There are no immediate and exclusive symptoms of HIV infection. So, it is good to take the HIV test

How does the HIV test help?

If you are **positive**

You can:

- Start early treatment and live a healthy and productive life
- Take precautions to protect your partner/spouse
- Continue to work and achieve your career goals
- Prevent your to-be born children from getting infected with HIV
- You will stop worrying and be happy

If you are **negative**

- You stop worrying!
- Be careful to protect yourself
- Enjoy your family life



//
I'm happy that I took the HIV test early. I started treatment on time. Now I carry out my household and office work well and live happily with my family.

//
Ms. Princy Mangalika
President
Positive Women's Network

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I have taken the HIV test myself and I encourage my employees to do the same. Those who test positive should not worry. Their jobs will be protected and they will be taken care of.

//
Mr. Y. de Silva
General Manager

**The Sri Lanka National Policy on HIV & AIDS
in the World of Work protects your rights**

Go to the nearest government STD clinic or a private hospital and get tested for HIV



**HIV testing is Voluntary,
Confidential and Free**

**For more information,
please call or visit:**

**National STD/AIDS
Control Programme**

29, De Saram Place, Colombo 10

**Hotline - 011 266 71 63
011 266 70 29**

**The Family Planning
Association of Sri Lanka**

37/27, Bullers Lane, Colombo7

Hot line - 011 2 588 488

Ampara	063-2224239	Killinochi	021-2285327
Anuradhapura	025-2236461	Kurunegala	037-2224339
Badulla	055-2222578	Mahamodara	091-2245998
Balapitiya	091-3094667	Mahiyanganaya	055-2257261
Batticaloa	065-2222261	Mannar	023-2250573
Chilaw	032-2220750	Matale	066-2222261
Colombo Central Clinic	011-2667163 011-2696433	Matara	041-2232302
Ebilipitiya	047-2230141	Monaragala	055-2276261 055-2276826
Gampaha	033-2234383	Negambo	031-2224156
Hambantota	047-2222247	Nuwaraeliya	052-2223210
Jaffna	021-2222261	Polonnaruwa	027-2225787
Kalmunai	067-2223660	Ragama	011-2960224
Kalubowila	011-4891055	Ratnapura	045-2226561
Kalutara	034-2236937	Trincomalee	026-2222261
Kandy	081-2203622	Vavuniya	024-2224575
Kegalle	035-2231222	Wathupitiwala	033-2280261