



He's got his  
mother's eyes...

his father's nose...

...and their HIV.

Inheritance can be deadly. If you or your spouse engage in any form of unsafe sex, you are at risk of catching HIV, the virus that causes AIDS, and passing it on to your newborn child. Protect yourself and your child. Insist on a condom always if you are unsure of your spouse's HIV status, or if they are HIV positive. Know your ABCs for life.

**A**bstinence  
That means no sex.

**B**e faithful  
Have sex only  
with your spouse.

**C**ondoms  
Use them properly.



*Practise A Healthy Lifestyle To Avoid AIDS.*  
A Public Service message from the Ministry of Health Malaysia and the HEAL Programme.

