

HOW ARE WOMEN GETTING HIV?

The most common ways are:

1. Having sex with a man who has HIV.
2. Sharing injection drug works (needles, syringes etc.) used by someone with HIV.

WHY WOMEN?

Women have unique issues and specific challenges that make it harder for them to prevent HIV or to take care of themselves if they have HIV. The reasons include:

1. Women can give HIV to their babies. Women who have HIV can give it to their babies during:

- Pregnancy.
- Delivery.
- Breastfeeding.

(* Save your baby by seeking treatment as soon as possible)

2. Women's bodies are different.

- Women are twice likely as a man to get HIV during vaginal sex (lining of the vagina provides a large surface area of potential exposure to HIV infected semen).
- Some diseases or disorders unique to women make HIV more serious.

3. Women may lack control in relationships.

- Scared to say "NO" to sex.
- Scared to insist their partners (husband or boyfriend) to use protection.
- Cannot talk to their partners about:
 - Abstinence.
 - Faithfulness.
 - Using protection.
- Do not know if their partner is doing things that put him (therefore her) at risk.
- Women may be caregivers for others and feel that they have no time to take care of themselves.



WHAT WOMEN CAN DO?

- Abstain from premarital sex. You and your partners should go for HIV screening before marriage.
- If you are practicing risky lifestyles, consider the following:
 - Get tested for HIV.
 - Equip yourself with knowledge on HIV and AIDS.
 - Encourage your partner to get tested for HIV if he has not been tested.
 - Use protection every time you have sex.
 - If you think you have been exposed to other sexually transmitted diseases such as Gonorrhoea, Syphilis or Chlamydia Trachomatis, get treatment. These diseases can increase your risk of getting HIV.
- If you believe you have a low risk for HIV infection, get tested whenever you have regular medical check-up.
- Do not inject illicit drugs. You can get HIV through sharing of needles, syringes that has been contaminated with HIV infected blood.
- If you do inject drugs, do the following:
 - Use only clean needles, syringes and other works.
 - Never share needles, syringes and other works.
 - Get tested for HIV at least once a year.
 - Consider getting counseling and treatment for your drug addiction.
- Do not have sex under the influence of drug or alcohol because being high can make you more likely to take risk.

Women & HIV/AIDS

Believe it: WOMEN get AIDS

GET TESTED FOR HIV AT ALL
GOVERNMENT CLINICS OR
HOSPITALS NEAR YOU.



PRACTICE A HEALTHY
LIFESTYLE. PREVENT
HIV AND AIDS BEFORE
IT IS TOO LATE.



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