

**Get tested and know the HIV status early**

**This will help people to get treatment and other necessary services timely and prevent getting AIDS**

**These special drugs are now available at government STD clinics**

**Services at STD clinics are provided free of charge maintaining confidentiality**

**Tests for STIs and treatment are provided free of charge from the following clinics**

**Central STD Clinic  
29 De Saram Place,  
Colombo 10.**

**STD clinics attached to following General and Base Hospitals**

- |               |                |                 |
|---------------|----------------|-----------------|
| ▲ Ragama      | ▲ Kalubowila   | ▲ Matara        |
| ▲ Gampaha     | ▲ Kurunegala   | ▲ Kegalle       |
| ▲ Mahamodara  | ▲ Anuradhapura | ▲ Jaffna        |
| ▲ Kandy       | ▲ Kaluthara    | ▲ Nuwara Eliya  |
| ▲ Ampara      | ▲ Panadura     | ▲ Mathale       |
| ▲ Hambanthota | ▲ Balapitiya   | ▲ Mahiyanganaya |
| ▲ Monaragala  | ▲ Negombo      | ▲ Ratnapura     |
| ▲ Batticaloa  | ▲ Chilaw       | ▲ Badulla       |
| ▲ Polonnaruwa | ▲ Vavuniya     | ▲ Trinkomalee   |
| ▲ Balapitiya  | ▲ Embilipitiya | ▲ Kilinochchi   |
| ▲ Balangoda   |                |                 |

**National STD/AIDS Control Programme**

**29, De Seram Place,  
Colombo 10.**

**Tel: 011 2667163**

**Web site: [www.aidscontrol.gov.lk](http://www.aidscontrol.gov.lk)**



National STD/AIDS Control Programme  
2009



The Global Fund  
for HIV/AIDS, Tuberculosis and Malaria



Ministry of Health care & Nutrition

**HIV/AIDS**

**FACTS FOR  
YOUTH**



## What is HIV ?

HIV stands for Human Immunodeficiency Virus. It is a virus that harms the body. People don't know when they get HIV because they look and feel healthy for some time before they get sick with AIDS.

## What is AIDS ?

AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is the disease condition you get from HIV. It has no cure. HIV slowly hurts the body so that it can't fight simple diseases. So people become ill.

## How do you get HIV ?

Mainly by having sex. People may have HIV but may look and feel healthy. They can pass it on during sex.

## You cannot tell if a person has HIV!

People with HIV look and feel healthy for some years before going in to AIDS. Only a blood test will tell if a person has HIV.

## Other ways of getting HIV

1. A mother who has HIV can pass it on to her child during pregnancy, childbirth or breast feeding.
2. People also can get HIV through blood and blood products.
3. HIV can be passed when people share things that may have infected blood on them. These include needles, and other sharp objects.

## One cannot get HIV

- ▲ Through kissing, hugging or shaking hands.
- ▲ Through mosquito or any other insect bites.
- ▲ By sharing clothes, towels, cups and plates
- ▲ Through toilet seats or swimming pools
- ▲ By working with an infected person in the same working place
- ▲ By living in the same house with an infected person

## Getting an HIV Test

It is important to know if you have HIV. You can do this by having an HIV blood test. It is quick and totally confidential. You will be counselled before taking the test and given advice on what to do when you get the result.

## Caring for People with HIV/AIDS

HIV infected people need your support. With a positive attitude, healthy lifestyle and caring companions, HIV positive people can live an active and fulfilling life. You cannot catch AIDS by caring.

## How can you be Safe ?

Delay sex till marriage

When you are married protect yourself and your family. Be faithful to your spouse