Getting to Zero

This is an international strategy for fighting against HIV/AIDS. The goal is: “Zero new HIV infections. Zero discrimination & zero AIDS related deaths. Backed by the United Nations the ‘Getting to Zero’ campaign runs until 2015.”

www.worldaidscampaign.org

“How many are living with HIV?”

Worldwide: 33.4 million
USA: 1.2 million

“Every human being is the author of his own health or disease.” - Sivanda

How is HIV Spread?

HIV is found in 4 fluids: blood, vaginal fluid, semen and breast milk.

Modes of transmission:
• During sex: vaginal, oral or anal
• Sharing needles (i.e. drug use, tattoos & piercings)
• Pregnant women infected with
• HIV can pass the virus to their baby during pregnancy or delivery, as well as through breast feeding.
• HIV cannot be transmitted through casual contact.

How do I protect myself against HIV?

Safest Options:
• Don’t have sex
• Don’t share needles of any kind

Other Options:
• Have sex with only 1 partner, who only has sex with you, for your whole lives
• Use a condom correctly, every time you have sex (vaginal, oral & anal)
• FREE condoms are available in Beu, Women’s Center, Casa Latina, Gwendolyn Brooks, AOD & Health Education office in Seal Hall 2nd floor
• Clean needles with bleach

“HIV does not make people dangerous to know, so you can shake their hands and give them a hug: Heaven knows they need it.” - Princess Diana

ACT HIV AWARE
Educational Information
found in the
Multicultural Center
10 am — 3 pm

UNITY’S ANNUAL WORLD AIDS DAY PROGRAM IN
THE UNION’S SANDBURG LOUNGE

Living Positively

There is no cure for HIV, but it can be controlled with the use of anti-retroviral drugs which allow people to live longer, healthier lives and prevent mother to child transmission of HIV.

Testing & Information

FREE testing on DECEMBER 3
“KNOW YOUR STATUS” held in the
Multicultural Center 10 am — 3 pm

Be Well!

Are you positive or negative?

Stall Talk is brought to you by Beu Health Center Graduate Assistant and Peace Corps Fellow Becky Moss. For more information, call 298.3225. For more health info, visit beu.wiu.edu. For adaptive format see the Disability Resource Center