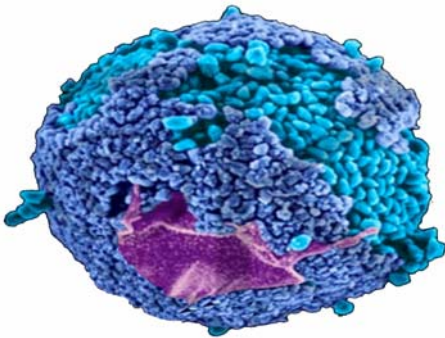


HIV and AIDS



An Easy Read Booklet

HIV and AIDS



HIV (human immunodeficiency virus) is a virus that attacks your body.

It stops you from fighting infections or diseases.

This can then lead to AIDS (acquired immune deficiency syndrome).



You can get this by having unprotected sex with someone who has HIV or AIDS and you do not use a condom.



Sharing needles.



A mother who has HIV or AIDS can pass it on to her unborn child.



Men and women can get HIV or AIDS.

Symptoms



Sometimes you do not show any symptoms.

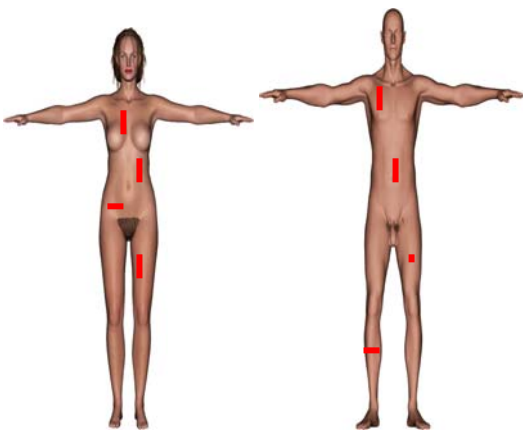
If you have any of the following symptoms speak to your doctor or nurse.



Fever (raised temperature).



Sore throat.



Body rash.

Other Symptoms



Tiredness.



Joint pain.



Muscle pain.



Swollen glands (nodes).



4
weeks

The symptoms, can last up to four weeks.

These symptoms can also be caused by conditions other than HIV.

Where to go for information or to get a test



Your own doctor (GP).



Lanarkshire GUM (Genitourinary medicine) and Sexual Health Service.

0845 618 7191



Lanarkshire HIV, AIDS and Hepatitis Centre.

01236 712247



To get free condoms go to your doctor (GP), clinic or chemist.

Or call 0300 303 0243 for your nearest centre.