



- Hugging
- Playing sports with infected persons
- Sharing eats with infected persons using the same plate.
- Shaking hands or holding hands.
- Sitting close to an infected person.
- Through mosquito bites, bedbugs or any other insects or animals.
- All HIV infected persons have AIDS
- When you take septrins before testing HIV disappears.

How one can protect him/herself from HIV infection?

- Avoiding having unprotected sex
- Take an HIV test with your partner
- Being faithful with one sexual partner
- Use condoms consistently and correctly
- Avoid sharing unsterilized sharp instruments.
- Avoid risky traditional practices such as tattooing with unsterilized blades or skin cutting to insert herbal medicine
- Daily and correct use of Pre-exposure prophylaxis(PrEP) for those at substantial risk of acquiring HIV/AIDS.
- Get accurate information about HIV from health workers, peer educators and health newsletters

What is the importance of taking an HIV test?

- Know your status
- To protect yourself and others from HIV
- Plan for the future
- Put your mind at rest
- Helps you make rational life changing decisions such as to have a baby or not

How can one live positively with HIV infection?

- Seek counseling from a qualified HIV counselor to help you cope with HIV infection
- Get treatment for any infection/ diseases as soon as possible
- Keep off drugs and alcohol
- Eat a balanced diet
- If you are to have sex, always use a condom to prevent re-infection and contracting other STDs.
- Join a club of young people living with HIV to share experiences, challenges and their way solutions.
- Don't feel sorry for yourself; try to get involved in various activities that you are comfortable with.
- Open up to people who you trust and know that they will support you

Where can one get HIV related services?

All health centers

What should you remember?

It's your right to access information and services on HIV/AIDS.

For more information talk to a trusted adult, visit a health center or call toll free helpline

0800311222

Visit Us at

NAGURU TEENAGE INFORMATION AND HEALTH CENTRE

Spring Road, Bugolobi
P.O. Box 27572, Kampala, Uganda.
Telephone: +256 393 216467;

- ✉ info@ntihc.or.ug
- 📍 @NaguruC
- ☎ 0800 311 222
- 🌐 www.ntihc.or.ug
- 📌 Naguru Teenage Information and Health Centre

What You need to Know ABOUT STDs and HIV /AIDS

If you are worried or have any questions about body changes talk to a trusted adult, peer educator or visit a health centre for more information.



Call TOLL FREE
0800-311-222
on all networks for more information about your health

"A place of their own"

SEXUALLY TRANSMITTED DISEASES AND INFECTIONS

What is an STI?

Sexually transmitted infections (STIs) are infections passed primarily when one has unprotected sexual intercourse with someone who has an STI which normally leads to having a sexually transmitted disease (STDs)

How does one get STIs?

STIs can be transmitted during unprotected vaginal, oral and anal sexual intercourse. Some STIs are curable while others are not like; HIV, HPV or hepatitis B. Some STIs can be passed to a baby during childbirth, or via breastfeeding. Some STIs don't have any signs or symptoms.

What are the Common STIs?

Chlamydia, Gonorrhoea, Syphilis, Herpes, HIV, Hepatitis B, Human papilloma virus (a virus that causes Cervical Cancer), Genital warts, candidiasis.

Although Candida is listed as an STI, there are situations when it can develop without necessarily having sexual intercourse e.g. poor hygiene and during pregnancy.

What are the common Signs and Symptoms of STIs/Diseases?

- Itching in the genitals and/or burning pain on passing urine.
- Unusual smell from the genital
- Wound, rashes, bumps or blisters on/in your genitals
- Warts on or around genitals and anus
- Vaginal bleeding that is not your regular period
- Discharge or pus from the genitals (could be green and yellow)
- Pain deep inside your vagina/penis when you have sex
- Swollen testicles

Note: Some STIs don't have any sign or symptoms

What do you do when you suspect you have an STI?

- Abstain from sex
- Use a condom correctly and every time you have sex
- Visit a health centre for testing and treatment
- Talk to your partner about diagnosis and treatment
- Take medication as instructed by the health worker.
- When treatment is over go back to the health centre to make sure you are cured.

What happens if you don't treat an STI?

- Untreated STIs may lead to serious health problems including failure to have children (infertility) and cervical cancer
- Passing it on to the unborn baby
- Untreated STIs can increase your risks of getting HIV; The sores caused by some STIs make it easier for HIV to get into your blood
- Untreated STIs can lead to serious health problems which may cause death

How do you avoid getting an STI?

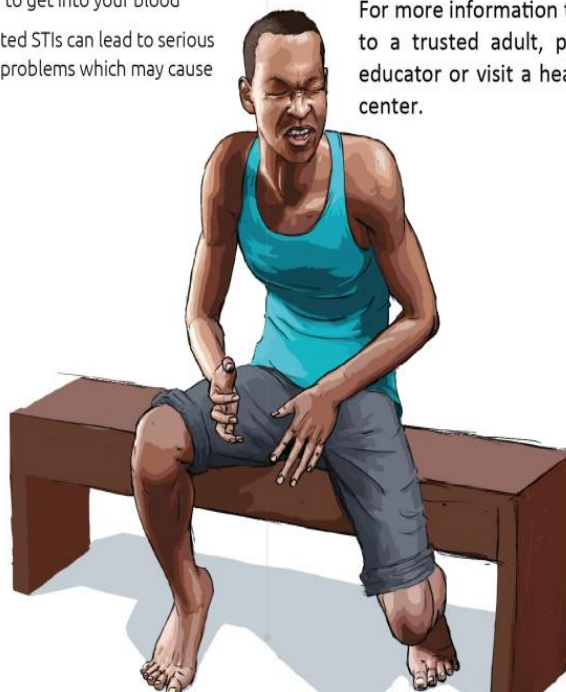
- Abstain from sex
- Condoms protect against STIs, use them correctly every time you have sex.
- Get right information about STIs from health centers and Health Talk shows.
- Be faithful to your partners
- If you had unprotected sex, rush to any health center within 72 hours for Post Exposure Prophylaxis (PEP)



REMEMBER

- It is your right to get information about sexually transmitted infections and treatment.
- Having many sexual partners at the same time increases your risk of getting STIs.

For more information talk to a trusted adult, peer educator or visit a health center.



HIV AND AIDS

What is HIV and AIDS?

HIV – Is Human Immune Deficiency Virus.

It affects and weakens the human immune system and later someone gets a combination of different infections causing AIDS.

AIDS - Acquired Immune deficiency Syndrome. This is the combination of illnesses that arise as a result of the weakened immune system.

How is HIV transmitted?

- By having unprotected sexual intercourse with an infected person
- From an infected mother to the child during pregnancy, delivery and breastfeeding.
- Through transfusion of infected blood from one person to another.
- By sharing unsterilized sharp instruments i.e. scissors, needles, razorblades and other safety pins.

How can one know that he/she has HIV?

You can only know your HIV status by taking an HIV test

What are the risky behaviors' that expose one to getting HIV and AIDS?

- Having multiple concurrent sexual partners
- Using drug and substance abuse
- Having unprotected sex
- Sharing sharp instruments
- Engaging in transactional sex (sex for money & gifts)

What are the Myths and misconceptions about HIV and AIDS?

- Sharing combs, towels or clothes, latrines or toilets leads to transmission of HIV and AIDS