

# Buena Salud<sup>®</sup> Club

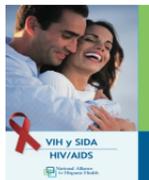
1-866-783-2645

## Let's talk about HIV/AIDS

HIV, the virus that causes AIDS, attacks the immune system and makes it difficult for your body to fight infections and diseases. HIV can spread through unprotected oral, anal, or vaginal sex; contact with infected blood; and, to your child during pregnancy, childbirth, or breast-feeding. It is important to get tested because most people with HIV have no symptoms for many years. There is no vaccine or cure for HIV/AIDS, but there are prescription medicines that help control the virus.

### Tip of the month.

You cannot get HIV by casual contact, such as hugging, kissing, or shaking hands with someone who has HIV or AIDS. HIV/AIDS cannot be spread through the air, water, or insect bites.



**Learn more.** Be one of the first 100 callers to the *Buena Salud<sup>®</sup> Club* at 1-866-783-2645 (toll-free) and receive a FREE pamphlet on HIV/AIDS. You can also get answers to all of your health questions, and we can even help you find a confidential testing site or health care provider where you live!

**National Alliance for Hispanic Health - [www.hispanichealth.org](http://www.hispanichealth.org)**



CALL 1-866-783-2645  
TO TAKE ADVANTAGE  
OF THIS SPECIAL OFFER  
TODAY!

National Alliance for Hispanic Health  
1501 16th St. NW  
Washington, DC 20036-1401

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**To help prevent or control  
HIV/AIDS:**

1. Use a new latex condom each time you have anal, vaginal, or oral sex.
2. Choose a monogamous relationship with someone who has been tested for HIV.
3. Limit your number of sexual partners.
4. Never share needles if you use drugs.
5. Get tested for HIV at least once a year, or more often if you are at high risk.
6. If you have HIV or AIDS, seek a health care provider and follow all recommendations.
7. If you have HIV, tell all of your sexual partners.
8. If you have HIV and get pregnant, talk with a health care provider about how to lower the risk of transmission to your baby.