WHAT CAN I DO IF THE TEST SHOWS I HAVE HIV ?

Live POSITIVELY, many people with HIV and AIDS are living longer, healthier lives today, thanks to new and effective treatments. TALK TO Voluntary Confidential Counsellor (VCC) for more information on what you should do to live a long and productive life. There are also other things you can do for yourself to stay healthy. Here are a few……..

Follow your doctor's appointments.

Take your medicine (Anti-retoviral drugs) just the way he or she tells you to because taking only some of your medicine gives your HIV infection more chance to grow.

If you smoke or if you use drugs not prescribed by your doctor, quit !

Eat healthy foods. This will help keep you strong, keep your energy and weight up, and help your body protect itself.

Exercise regularly to stay strong and fit.

Get enough sleep and rest.

WhyCantWeGetMarried.Com creates access to referral systems on HIV/AIDS Voluntary Confidential Counseling and Testing (VCCT) services for Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) young people in government hospitals and clinics.

If you are interested in following the progress or interested in partnership and or sponsorship or you want to be involved here's how:

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WhyCantWeGetMarried.Com
West Africa Chapter

Safer Sex Practices for Lesbian, Gay, Bisexual Transgender and Queer (LGBTQ) Young People

With Financial Support from:

MTV MUSIC TELEVISION staying alive FOUNDATION

What is "WhyCantWeGetMarried.Com"?

The main purpose of WhyCantWeGetMarried.Com is to challenge any individual, government or society from preventing two adults from loving each other - if they are causing no harm to anyone and are happy together. Our project particularly focuses on ending discrimination experienced by inter-racial couples, inter-religious couples and couples who identify as part of the LGBIT (Lesbian Gay Bisexual Intersex Transgender) community. Our project is about promoting love, peace and equality for loving couples worldwide.

YOU CAN GET HIV…..

- By having unprotected sex…..sex without condom and water based lubricant - with someone who has HIV.
- By sharing a needle and syringe to inject drugs with someone who has HIV.
- From a blood transfusion of infected person.
- Babies born to women with HIV also can become infected during pregnancy, birth, or breast-feeding.

CAN I GET HIV FROM ORAL SEX ?

If there are sores, cuts or open wound in your mouth, his pennis, her vagina or his anus the chances of getting STI or HIV are much higher.

The risk is also increased if you have been drinking alcohol or if he cums in your mouth.

YOU CANNOT GET HIV ?

- By working with or being around someone who has HIV.
- From sweat, spit, tears, clothes, drinking fountains, phones, toilet seats, or through everyday things like sharing a meal.
- From insect bite or stings
- From closed-mouth kiss

HOW CAN I PROTECT MYSELF ?

A. The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse.

B. Be in a long-term mutually monogamous relationship with a partner who has been tested and **YOU KNOW** is uninfected.

C. Correct and consistence use of condoms for every sexual intercourse.

Condoms must be used correctly and consistently to be effective and protective. Incorrect use can lead to condom slippage or breakage, thus diminishing the protective effect. Inconsistent use, e.g., failure to use condoms with every act of intercourse, can result to HIV/STD transmission because transmission can occur even with a single act of intercourse.

Don't share razors, needles and syringes used to inject drugs, steroids, vitamins, or for tattooing or body piercing. Virus from an infected person can stay in a needle and then be injected directly into the next person who uses the needle.

CONDOM, ANAL SEX, & WATER-BASED LUBRICANT

Repetitive anal sex is one of the riskiest forms of sex. HIV is in pre-cum – the fluid before ejaculation, so even if the inserter pulls out, infection is possible.

Men do get infected from both anal receptive and anal insertive sex.

OIL BASED LUBRICANT

Like Vaseline, blue-band, or cooking oil, make condoms susceptible to breakages, hence always used a water-based lubricant such as, KY-Jelly, durex-play, and others.

HOW DO I KNOW IF I HAVE HIV OR AIDS?

You might have HIV and still feel perfectly healthy. The only way to know for sure if you are infected or not **IS** to go through Voluntary Confidential Counseling and Testing (VCCT) services.