

Sexually transmitted infections

- In addition to HIV, unprotected sex can transmit other sexually transmitted infections like Gonorrhoea, syphilis and Herpes.
- One can have these STI's without any symptoms.

If you ever had risky sexual behaviors,

visit the nearest STD clinic and seek medical advice.

At the STD clinic you will be able to get

- Free and confidential HIV testing
- Testing and treatment for other STI's.

Preserve the human rights of people living with HIV/AIDS by Preserving their right to

- Take treatment and care
- Education
- Engage in an occupation
- Live with the rest of the society

Early diagnosis of HIV helps to start timely treatment, improve quality of life and prolong life expectancy

Government Hospitals which have STD Clinics

Colombo Central Clinic - 011-2667163

Jaffna	- 021-2222245	Negombo	- 031-2224156
Vauniya	- 024-2224575	Ragama	- 011-2960224
Mannar	- 023-2232261	Ampara	- 063-2222261
Trincomalee	- 026-2222261	Nuwara-Eliya	- 052-2234393
Kalnunai	- 067-2229496	Badulla	- 055-2276261
Anuradhapura	- 025-2222261	Kalutara	- 034-2236937
Polonnaruwa	- 027-2222384	Ratnapura	- 045-2225396
Batticaloa	- 065-2222641	Monaragala	- 055-2276261
Kurunegala	- 037-2224339	Galle	- 091-2245998
Gampaha	- 033-2222261	Hambantota	- 047-2220247
Chilaw	- 032-2220750	Matara	- 041-2232302
Matale	- 066-2222261	Embilipitiya	- 047-2230261
Kandy	- 081-2203622	Balapitiya	- 091-2255447
Kegalle	- 035-2222261		



**NATIONAL
STD/AIDS
CONTROL
PROGRAMME**

Inquiries:
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No. 29, De Saram Place, Colombo 10.
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E-mail: info@aidscontrol.gov.lk
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HIV/AIDS
Be aware
Take care

Be informed
Keep others informed
Behave responsibly
Avoid HIV/AIDS

HIV

- H** Human
- I** Immuno deficiency
- V** Virus

AIDS

- A** Acquired
- I** Immuno
- D** Deficiency
- S** Syndrome

Know about HIV/AIDS

- Once the HIV virus enters in to the body, the person becomes HIV infected.
- HIV virus weakens the immune system of the body which makes the person more susceptible for infections.
- Symptoms appear 8-10 years after acquisition of infection.
- Once the immunity becomes very weak patient will show specific symptoms which are called AIDS.
- A person can acquire HIV infection from an AIDS patient as well as from a HIV infected person

Modes of transmission of HIV infection

- Through unprotected sexual exposure with an HIV infected person. (Anal , Vaginal and Oral).
- From infected mother to her baby.
- Through infected blood and blood products.

Prevention of HIV transmission

Prevention of sexual transmission

- Delay sexual exposure
 - till marriage
 - in temporary separation from the partner.
- Limit sexual exposure to one mutual faithful partner.
- Always use condoms correctly and consistently with anybody other than the faithful partner.

Prevention of transmission from infected mother to her child

- Prevention of HIV among sexually active men and women.
- HIV testing of individuals who had unsafe sex before planning a pregnancy.

- Prevention of unwanted pregnancies among HIV positive women.
- Pregnant women who are HIV positive should seek medical advice immediately
- Follow medical advice along with use of antiretroviral drugs to minimize HIV transmission to the baby.

Prevention of transmission through blood

- Do not share used needles or sharp equipments without sterilization.
- Minimize blood transfusions.
- Avoid blood donation if you had unprotected sex.
- Make sure the blood is tested for HIV, before receiving a blood transfusion.

HIV do not spread by

- Hand shaking
- Mosquitoes and flies
- Common use of cups and plates
- Using common toilets
- Cough or breathing