

There's a lot of misunderstanding about HIV and AIDS. Not everything that you hear about HIV and AIDS is true. This factsheet will help you separate the myths from the facts.

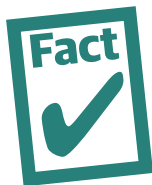
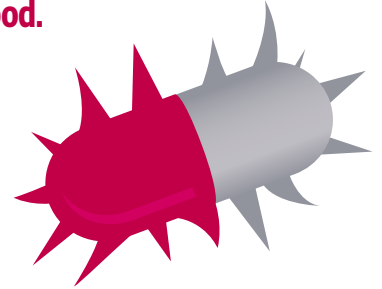


**People with HIV pass their infection on every time they have sex.**

100%

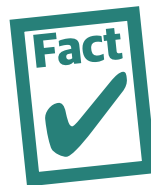


**Anti-HIV drugs do more harm than good.**



**Just as a woman doesn't become pregnant each time she has sex, HIV is not passed on each time either.**

If a condom is used correctly, there is hardly any risk of HIV being passed on. If the person with HIV is also taking anti-HIV drugs, the risk is even lower.



**Without anti-HIV drugs, most people with HIV become seriously ill, develop AIDS and die at a young age.**

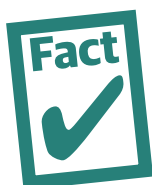
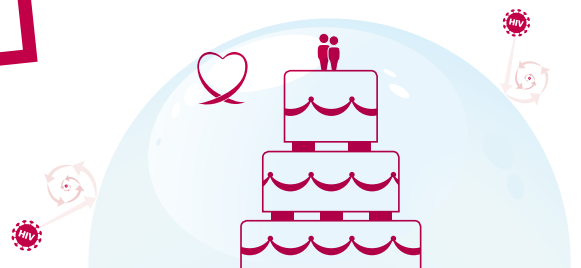
When HIV treatment is taken in good time, it allows people to live a long and healthy life. Most side effects go away after a few weeks and have no long-term consequences. People taking anti-HIV drugs have their health carefully monitored to check they are doing well.



**Herbs and nutritional supplements can be as effective as anti-HIV drugs.**



**You can't get HIV if you are married.**



**Some herbs and supplements may be good for your general health, but they cannot prevent HIV from infecting new cells and spreading.**

Only anti-HIV drugs have been proven, by scientific research, to prevent HIV from spreading in the body. Also, some herbal supplements stop anti-HIV drugs from working correctly. They can reduce the amount of the drug that gets into the blood, making it less effective against HIV.



**Unfortunately, millions of people who are married or in long-term stable relationships have become HIV-positive.**

This has sometimes happened because one partner had HIV before they met. It has also happened when one of the partners has been unfaithful and had unprotected sex.



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**POR FAVOR, FOTOCÓPIALO Y HAZLO CIRCULAR**

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