

## Prevention

- Get frequent check ups
- Use a condom whenever you have sexual contact
- Make sure the needles you use are new and not shared



## Can you heal it?

- No, you can't ; but nowadays infected persons can live a full healthy life for a long period. There are many treatments in order to protect the immune system and further body damage.



we say: "Getting to Zero"

"o" Risc "o" Discrimination "o" more HIV positive

## STATISTICS

This is the reality:

- 1.8 deaths each second in the whole world
- over 100 deaths per minute
- over 150.000 deaths each day
- over 55 million deaths per year

I HAVE AIDS  
Please hug me  
CONTACT



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# GEDAB

(Gençlik Danışma Birimi)

IMPORTANT  
INFORMATIONS  
ABOUT  
HIV / AIDS  
!!!





## What is HIV/AIDS?

HIV attacks the immune system. This is how the body fights infections. So people with HIV are more likely to have infections and cancers. They may even die of minor illnesses like the common cold, which normally healthy people can recover from.

HIV and AIDS

Not every person who has HIV has AIDS. When people first get HIV they are not very sick. They can be healthy for years. When they get sick from HIV it is called AIDS. If someone has HIV they are called HIV positive.

## What is AIDS?

AIDS - the acquired immunodeficiency syndrome - is a disease you get when HIV destroys your body's immune system. Normally, your immune system helps you fight off illness. When your immune system fails you can become very sick and can die.

## How do I get it?

- Unprotected sexual contact (all types of sexual contacts)
- By blood: The only way to get infected of HIV (by blood) is if the infected blood gets in contact with your own blood.  
Ex: injuries, infected needles, blood transfusion, organ transplant
- From mother to child: if the mother is infected then the child will almost always be infected with HIV, but nowadays there are many methods to prevent the infection of the child.



## You don't get infected if...

- Being around infected persons
- Shake hands or interacting
- Kissing an infected person
- Sharing your personal items



## Symptoms and Signs

### Signs and symptoms

The symptoms of AIDS are primarily the result of conditions that do not normally develop in individuals with healthy immune systems. Most of these conditions are infections caused by bacteria, viruses, fungi and parasites that are normally controlled by the elements of the immune system that HIV damages.



Opportunistic infections are common in people with AIDS. These infections affect nearly every organ system. Additionally, people with AIDS often have systemic symptoms of infection like fevers, sweats (particularly at night), swollen glands, chills, weakness, and weight loss...