





## How do we get HIV?

By exchanging infected body fluids such as:

- Blood
- Semen
- Breast Milk
- Vaginal Secretion



## Testing for HIV

You have the right to get tested and be respected.

- ✓ An HIV Test takes 10-15 Minutes.
- ✓ An HIV Test checks to see if you have the virus in your body.
- ✓ Most tests are done quickly.

## What is HIV/AIDS?

HIV is a virus that attacks your body's defenses.

AIDS is the position where your body can't defend itself



Visit your Local Health Centre Today. Ask your guardian or peers for support.



[www.social.gov.tt](http://www.social.gov.tt)