

How do people get **HIV** or **hepatitis C**?

SEX

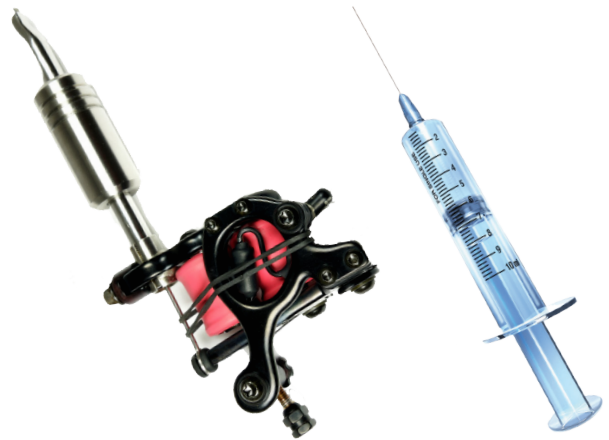
without a
condom



PREVENT INFECTION
Use a condom during sex.

NEEDLE

used by
someone
else



PREVENT INFECTION
Use a new sterile needle when
injecting drugs or when tattooing.

You can't get HIV or hep C from...

TALKING, WORKING, or EATING WITH PEOPLE

an insect or animal

shaking hands food or water

touching a doorknob

exercise equipment

hugging & kissing

dishes

a massage

tears or sweat

clothes, bed sheets, or towels

hot tubs or swimming pools

TOILET SEATS or WATER FOUNTAINS



Positive Women's Network
2013