



“ Papa, what  
did you  
get us from  
your trip?”

When you travel,  
be faithful.

Abstain from  
extramarital **SEX.**

Don't **bring**  
home **AIDS.**

**AIDS** Is Preventable

Practise A Healthy Lifestyle



**Unknown** to you,  
your extramarital  
partners may be  
**HIV positive.**

You can be infected and when you come home, you could spread it to your wife. Think of your family while abroad. Love your family. Stay away from extramarital sex. Casual sex. Paid sex. Instead visit places of interest such as the museum, art gallery, historical places or go shopping.

# What is **AIDS?**

It can **ruin** your family.

Your **life.**  
Everything.



AIDS begins with HIV,

(Human Immunodeficiency Virus) infection.

When **you** indulge in illicit sex, paid or casual sex, you could be **infected by** the many HIV positive **sexual partners abroad**. The virus invades your white blood cells and propagates inside the cells. It weakens and eventually **destroys** your **immune system**. You then become an easy target for pneumonias, cancers, tuberculosis or other infections. Harmless diseases and infections then become life-threatening.

When you are HIV positive and contract any of these, you have AIDS. When you have sex with **your wife**, she could get infected by the virus as well. And if your wife is pregnant, **your baby** could be **infected** too. **AIDS is a killer**. It ruins everything that you have. You will never heal from any sicknesses. Neither does your wife and your baby. Your family will **die a slow and painful** death.

# AIDS

There's no **cure**.  
Only **prevention**.

**WARNING :**

- Don't sleep around
- Don't bring home AIDS
- Don't share needles
- Don't donate blood
- If you are HIV positive
- Practice safe sex