



Practice Safe Hygiene ...

People who are HIV positive are more vulnerable to infections that are spread through bad hygiene.

Bad hygiene spreads diseases such as diarrhoea and skin infections.

Improved hygiene slows progression of HIV to AIDS and reduces the number of AIDS-related deaths.

ALL PEOPLE can play a part in reducing the spread of disease.

Always:

- Wash your hands after using the toilet or changing nappies
- Wash your hands after handling rubbish
- Wash your hands before eating
- Wash your hands before feeding your baby
- Wash your hands before preparing food

live healthily with HIV

