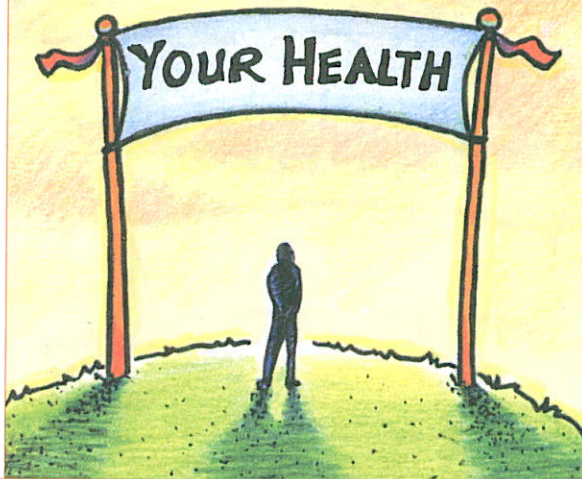


## Four Things EVERYONE Needs to Know About HIV

1. Four body fluids – blood, semen, vaginal fluid and breast milk – can transmit HIV. People commonly have contact with another person's body fluids during sex and when sharing needles.
2. To stay safe, you need to avoid contact with the body fluids of an HIV infected person.
3. You may not know if your partner is infected with HIV. You can't tell just by looking. Some people will say they are not infected with HIV when they don't know for sure.
4. Whether you have only one partner or many partners, you will be at risk for HIV unless you always take steps to stay safe.

It's up to you to make sure you don't get infected!



## Get Tested

The only way to know for sure if you or your partner have been infected with HIV is to get an HIV test. You can get more information about HIV prevention and testing from your health care provider or local health department, at an HIV or STD clinic, or by calling the CDC National AIDS Hotline toll free:  
1-800-342-2437 (English)  
1-800-344-7432 (Spanish)

TEEN HEALTH CENTER  
2215 Court Street  
Port Huron MI 48060  
810-987 1311

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

Written by the staff of the Santa Cruz AIDS Project.  
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