

ECDC/ACC is pleased to announce a community-based HIV/AIDS Prevention and Education Project called RAPP.

RAPP stands for **R**ead **A**IDS **P**revention **P**roject.

The project includes the following five main activities:

- Outreach activities in collaboration with members of the community.
- One-on-one conversations with African newcomers to find out about their perceptions surrounding condom use.
- Small group activities, that are gender- and age-based.
- Support from local organizations and businesses for the project.
- Distribution of culturally appropriate reading materials including printed short stories.

## What is HIV? What is AIDS?

HIV stands for **H**uman **I**mmunodeficiency **V**irus. HIV is a virus, a kind of germ, that causes the body to get sick. HIV is the virus that causes AIDS.

AIDS stands for **A**cquired **I**mmune **D**eficiency **S**yndrome. AIDS is a disease that you get when HIV destroys your body's cells that protect us from getting sick. When too many of these cells have been destroyed, the body becomes very weak and the person can get sick easier and stay sick longer. Many of these diseases are very serious and can cause death.

### How can someone get HIV?

...having sex without using a condom with someone you don't know his or her HIV status (HIV test result).

...sharing needles to inject drugs or for other purposes such as body piercing or tattooing.

...transmitting the HIV virus from mother to her newborn during pregnancy, delivery or through breastfeeding.

...being under the influence of alcohol or drugs because they reduce your ability to practice safer sex (using a condom).

The

**KEY**



to a healthy life is....

- Abstaining from having sex and from sharing needles.
- Being faithful to your partner.
- Using a condom correctly and consistently every time you have sex (vaginal, anal or oral).
- Getting tested for HIV and encouraging your partner(s) to also get tested.

### Remember that:

- HIV does not remain in Africa.
- Not only skinny people have AIDS.
- Not only youth get HIV.

### Also remember that:

- You cannot get HIV through a mosquito bite.
- You cannot get HIV through casual contact by hugging, hand shaking, sharing food, sharing a drink or using the same toilet seat with someone who has HIV.