

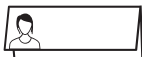
**Step 1:** Print this A4 document at 100% size (don't scale it down). Use double-sided printing if you can, otherwise print both pages and glue them together.

**Step 2:** Cut out the flyer using the black border as a guide.

**Step 3:** With the cover image (the two hands) facing you, and the text the right way up, fold the flyer in half (with the top half folding away from you), so you end up with a long thin piece of folded paper.



<p><b>Useful Websites</b></p> <p>Positive Women Inc. <a href="http://www.positivewomen.org.nz">www.positivewomen.org.nz</a></p> <p>Body Positive <a href="http://www.bodypositive.org.nz">www.bodypositive.org.nz</a></p> <p>NZAF <a href="http://www.nzaf.org.nz">www.nzaf.org.nz</a></p>	<p>A relationship living with HIV can be the same as someone without.</p>	
<p>It is not easy to share this personal information with you because of the fear of being judged and rejected.</p>	<p><b>Positive Women</b> </p>	
<p>You may be concerned about the risk of contracting HIV and my health.</p> <p>This leaflet will provide facts about HIV so you understand that there is nothing to fear.</p>	<p>Contact us for information and support Positive Women Inc. 09 303 0094 / 0800 769 848 <a href="mailto:info@positivewomen.nz">info@positivewomen.nz</a> <a href="http://www.positivewomen.org.nz">www.positivewomen.org.nz</a></p>	<p><b>I'm living with HIV</b> This is what I'd like you to know.</p>



**Step 4:** Flip the document horizontally so that the black & white photo of the girl is facing you and is on the left-hand side.

**Step 5:** The document now needs to be folded into threes. Fold the right-hand side of the document ("Useful Websites") to the left, so that it lines up with the edge of the black & white photo of the girl. Keep the document folded up this way for the next step.



**Step 6:** Fold the cover (with the image of the two hands) to the right so that it covers the rest of the document.





### What you need to know

- Advances in medication means HIV is now a manageable condition.
- You are not able to get HIV from anyone who is on effective HIV treatment.
- People living with HIV who are on effective HIV treatment, have the same life expectancy as anyone else.



### I can't pass HIV on to anyone

- No one can get HIV from me by hugging, kissing, sharing food or toilet seats.
- I am on effective treatment which means the HIV virus is at an undetectable level in my body. It has been scientifically proven that when the virus is undetectable in a person, they are unable to sexually transmit HIV, even when not using a condom.



### What now?

- This is very personal information and I ask that you please respect my privacy by not telling anyone else.
- There are many resources online, however information on the internet can be overwhelming and sometimes inaccurate. A list of trusted websites is included in this pamphlet.
- If you have any concerns or questions, please ask and let's keep talking.