

How to Stop the Spread of HIV

We can eliminate the risk of getting infected if we:

- Refrain from sexual contact
- Limit sex to one lifetime partner
- Avoid any blood contact

Protect Yourself & Those You Love

Get tested!

If HIV negative; be abstinent or faithful to your lifetime partner

If positive; get under a doctor's care, protect yourself and protect others by using correct prophylaxis.



Our programs and activities

WAIF (Washington AIDS International Foundation) is committed to the goal of zero percent transmission of HIV, and creating compassionate support of HIV positive individuals, using:

- Educational presentations for middle and high schools
- HIV/AIDS consultation for businesses and corporations, faith-based and civic organizations
- HIV/AIDS speakers and,
- The Washington AIDS International Teens (WAIT)



The Washington AIDS International Teens teach HIV/AIDS information through contemporary performing arts. Team members are 13 to 19 years of age, and are all committed to developing their talents and dreams and to stopping HIV/AIDS transmission in the world by choosing lifetime partnership.

KNOW THE FACTS ON HIV/ AIDS



Washington AIDS International Fndn.

3224 16th St, NW Washington, D.C. 20010

Washington AIDS International Teens

7752 Decatur Rd. Hyattsville, MD 20784

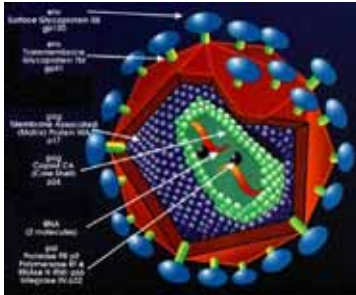
www.waitteam.org

FAST FACTS on HIV/AIDS

AIDS (Acquired Immune Deficiency Syndrome) is caused by the Human Immunodeficiency Virus, HIV. HIV weakens the immune system leaving the body with little to no protection against any germs. HIV leaves you totally defenseless against anything. It is present in bodily fluids including blood, semen, vaginal fluids, breast milk and to a lesser degree, in saliva and tears. One can contract HIV by:

- Sexual contact with an infected person
- Sharing a needle with someone who is infected
- Being born or breastfed from an infected mother

One can also contract the virus through alternative modes such as unscrubbed blood transfusions, blood contaminated saliva, body piercing or tattoos.



Prognosis

Some drugs can slow down the replication of HIV or the damage to the immune system. Other drugs can prevent or treat some of the opportunistic infections. However, there is no vaccine, and HIV remains incurable and ultimately, fatal.

HIV/AIDS in the WORLD

- 37.8 million people were infected in 2003
- 2.9 million AIDS deaths in 2003
- 5 million newly infected in 2003
- 20 million deaths since 1981 (when the first cases were found)



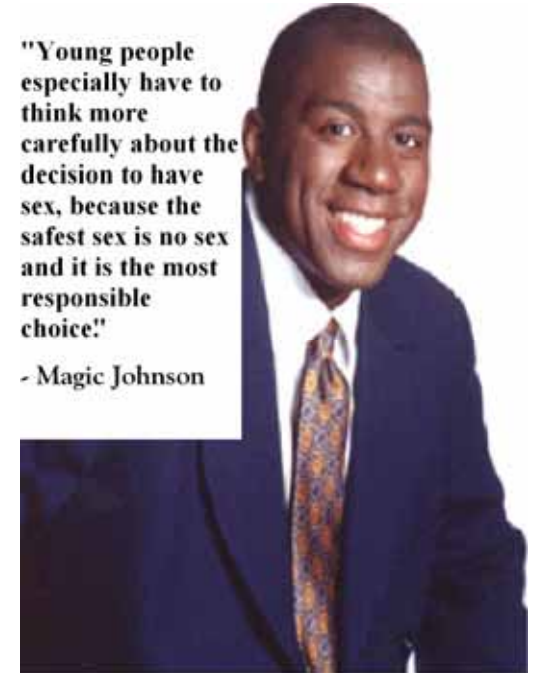
Estimates of HIV/AIDS infections worldwide

Youth at Greatest Risk

Half of the world's 4.8 million new infections last year were among young people aged 25 and below. Around the world, the majority of youth do not understand HIV transmission or prevention, which is why over 7,000 of them are infected everyday. With our youth at risk, our future is seriously compromised.

"Young people especially have to think more carefully about the decision to have sex, because the safest sex is no sex and it is the most responsible choice!"

- Magic Johnson



Several countries that had some of the highest rates of HIV introduced abstinence into their public health outreach and saw these rates dramatically drop. Uganda's rate, for example, dropped by 70% in less than 10 years. According to the CDC abstinence, "is the only way and individual can be completely protected from the sexual transmission of HIV."

Ultimate Challenge to Humanity

With an average of:

- 14,000 new infections per day
 - 5 million infected in 2003
 - 3 million deaths per year,
- HIV/AIDS has the potential to wipe out the entire human race.