

# Safe

**Q1** How many people in Canada are living with HIV?

**A1 65,000.**  
About 1 in 4 Canadians with HIV does not know they have it. Every 2 hours, someone becomes infected.

**A2 Yes.**  
HIV+ women can now have healthy pregnancies and healthy babies. With proper treatment and care, the risk of a woman passing HIV to her fetus or baby is less than 2%.

**Q2** Can an HIV+ woman have a healthy baby?

# Play

**Q3** Can I get HIV from great hot sweaty sex?

**A3** You can enjoy great sex! Just make sure to always protect yourself and your partner(s) from HIV and other STIs. Get tested regularly and always use a condom for vaginal or anal sex.

**A4 False.**  
Since 1985, all blood products in Canada are checked for HIV. A person's risk of getting HIV from a blood transfusion in Canada is extremely low.

**Q4** True or false: Getting a blood transfusion in Canada puts you at risk for HIV.

**Q5** True or false: You can pass HIV by kissing.

**A5 False.**  
HIV can NOT be passed by kissing! It can NOT be passed by shaking hands, working or eating co-infected. Having hepatitis (such as HIV makes a person more vulnerable to other infections, through hugs, coughs or sneezes, swimming pools, toilet seats or water fountains.

**A6** A person who has HIV and another infection (such as hepatitis or an STI) is co-infected. Having HIV makes a person more vulnerable to other infections. It's important to test for and treat HIV, hepatitis and STIs.

**Q6** What is HIV co-infection?

**A8** HIV is a virus that weakens the immune system. If HIV isn't treated, a person can develop serious illnesses. This advanced stage of HIV infection is called AIDS. Today, with HIV treatment, most people with HIV in Canada never develop AIDS.

**A7 No.**  
There is no cure, but with the right treatment and care, most people with HIV can stay healthy and live long lives.

**Q8** What's the difference between HIV and AIDS?



Canada's source for HIV and hepatitis C information

## About CATIE:


We connect people living with HIV or hepatitis C, at-risk communities, healthcare providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life.

[www.catie.ca](http://www.catie.ca)  
[www.hepCinfo.ca](http://www.hepCinfo.ca)



# Ask

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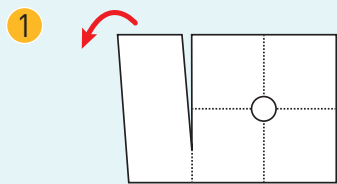
**Contact CATIE**

555 Richmond St. W., Suite 505  
 Toronto, Ontario, Canada  
 M5V 3B1

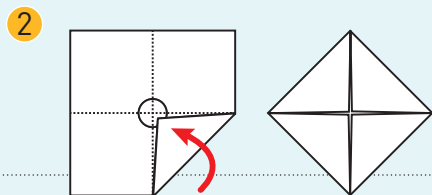
Phone: 416-203-7122  
 Toll-free: 1-800-263-1638  
 Fax: 416-203-8284

# Play to know!

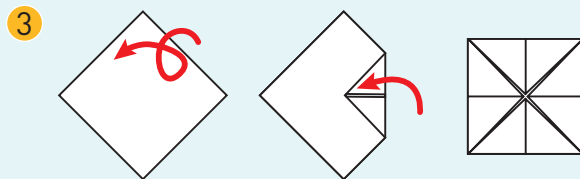
Follow these instructions to make your HIV chatterbox:



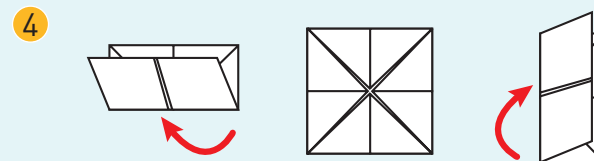
Tear away the CATIE bookmark.



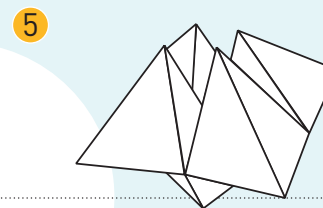
Fold each corner of the square into the centre, so that the corners of the square meet in the centre of the circle.



Turn the square over and fold each corner into the centre of the square, making an even smaller square.



Fold the square horizontally and then vertically to loosen it up.



Reach inside the open flaps to start to play!

HIV Chatterbox.  
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 Based on an HIV 101 Playing Game, originally produced by St. Stephen's Community House.  
 CATIE Ordering Centre No: ATI-40229 (aussi disponible en français, ATI-40230)  
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