

HIV AIDS

MYTH

HIV is a death sentence.

FACT

With antiretroviral therapy (ART), people living with HIV can lead long, healthy lives and reduce the virus to undetectable levels, meaning they can't transmit it to others (U=U).

MYTH

You can get HIV by hugging, shaking hands, or sharing food with someone who is HIV positive.

MYTH

Only promiscuous people get HIV.

FACT

Anyone can contract HIV, regardless of lifestyle. It's about risk exposure, not personal character.

FACT

HIV is not spread through casual contact, sharing utensils, or physical touch. It spreads through blood, semen, vaginal fluids, rectal fluids, and breast milk.

MYTH

HIV always leads to AIDS.

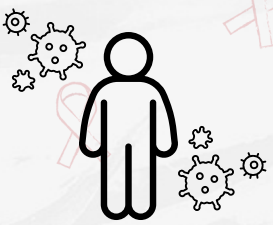
FACT

With early detection and treatment, HIV can be managed and never progress to AIDS.

DID YOU KNOW



- South Africa has the largest ART program in the world, providing free treatment to millions.



- HIV cannot survive outside the human body for long—it is not spread by mosquitoes, toilet seats, or swimming pools.



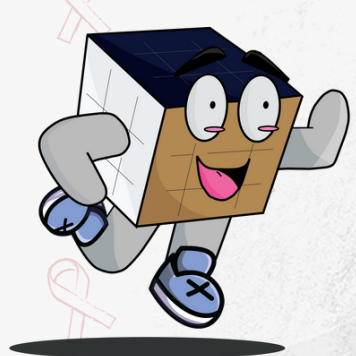
- A mother with HIV can give birth to an HIV-negative baby with the right medical care.



- By taking PrEP (Pre-Exposure Prophylaxis) daily, you can reduce your risk of contracting HIV by up to 99%.

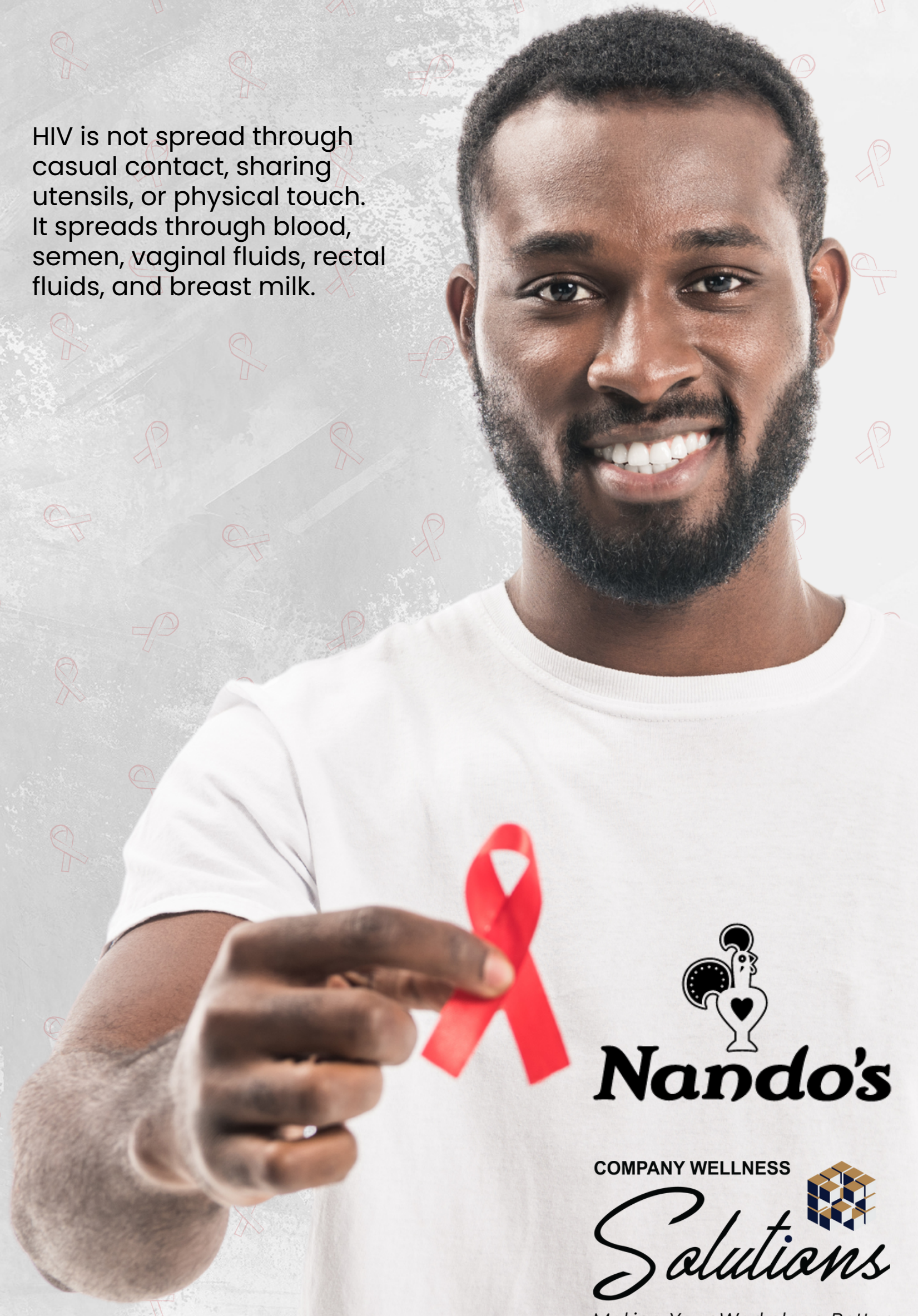


- HIV is one of the most researched viruses in history, with advancements in treatment and prevention happening every year.



Visit your nearest government clinic or contact us for testing and mental health support:

USSD - *134*1449#
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