

ACT TODAY FOR AN AIDS-FREE GENERATION TOMORROW

THE FUTURE IS IN OUR HANDS

If we make the right choices now, HIV & Aids can become a pandemic of the past.

Here's how you can help:

GET TESTED

Knowing your status is the first step in prevention and care

SAFE SEX CHOICES MATTER

Always protect yourself and your partner

RAISE AWARENESS

Share the facts about HIV & AIDS, and stop the myths

SUPPORT PREVENTION

Talk about safe sex and access to healthcare

CHALLENGE STIGMA

Don't tolerate stigma in your community

VOLUNTEER

Help organisations that provide support to those affected by HIV & AIDS



Let's unite in the fight to end HIV & Aids by 2030.

Call Lifeassist to find out how you can get help.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint

